



## Honourable mentions

Cllr Golds among local people on Birthday Honours list

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## Children take the plunge

Schools in swimming gala at St George's Leisure Centre

SEE PAGE 10



## A rare chance to go inside

Museum of Immigration and Diversity opens its doors

SEE PAGES 18 & 19

ISSUE 1065 22 - 28 JUNE 2015

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# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# 'I CAME BECAUSE YOU INSPIRE ME'

## Michelle Obama praises pupils after ecstatic welcome

BY JESSICA ODUBAYO

**MICHELLE** Obama, America's First Lady, received a rapturous reception when she visited Mulberry School for Girls last week.

Mrs Obama chose Mulberry to launch Let Girls Learn, a partnership between the UK and US which aims to advance girls' education around the world.

"Why would the First Lady choose Tower Hamlets, this community and this school?" Mrs Obama asked the pupils.

"I'm here because girls like you inspire me."

Hundreds of cheering pupils welcomed Mrs Obama to the Stepney school on Tuesday, June 16.

The First Lady described them as smart, powerful, creative, accomplished and beautiful. And she talked about the similarities she shared with them when she was growing up.

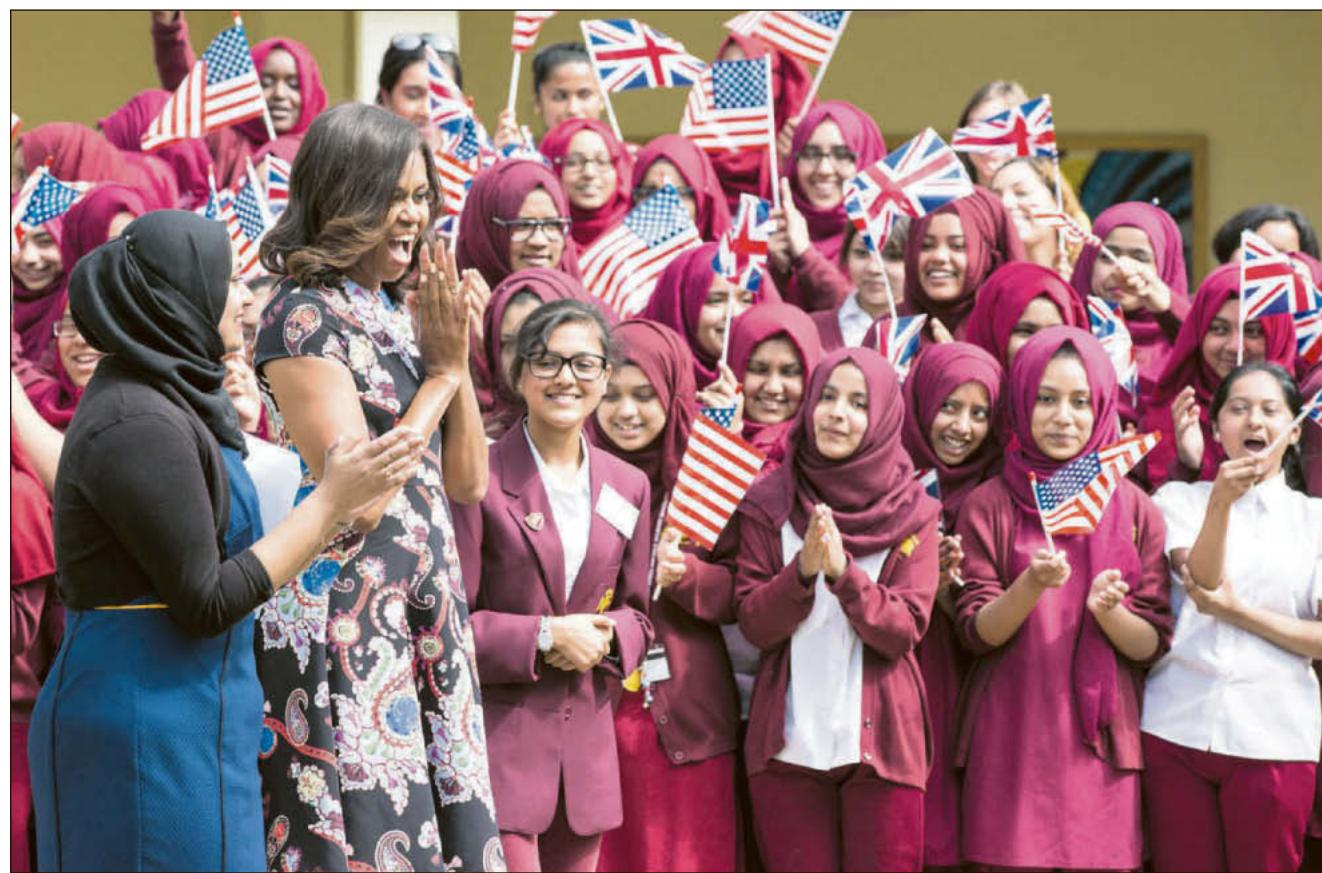
The wife of the US President spoke about growing up in a working class neighbourhood of

Chicago, where people worked hard to make ends meet, struggled to balance family responsibilities with school work and had to overcome obstacles in order to achieve.

Her dad was a pump operator, her mum a homemaker.

Mrs Obama recalled how she and her brother struggled to complete their homework in a small, busy household, frequented by members of their extended family.

■ **Continued on page 3**



Michelle Obama was given a rapturous reception by the pupils

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## Published twice a year

The lists of Honours recipients are published at New Year and on the Queen's official birthday in June.



## Nominate someone yourself

If you would like to nominate someone for inclusion in future New Year or Queen's Birthday Honours Lists, you can find out how to do it at the official website. Visit...

[www.gov.uk/honours/nominate-someone-in-the-uk](http://www.gov.uk/honours/nominate-someone-in-the-uk)

## News

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*East End Life* is also available on audio tape – if you know someone who would like to receive it in this format call 7364 4309 or email [abdul.miah@towerhamlets.gov.uk](mailto:abdul.miah@towerhamlets.gov.uk)

Printed by Trinity Mirror

Distributed by London Letterbox Marketing, Unit 6, Crescent Court Business Centre, E16 4TG. Tel: 8940 0666

If you know someone who does not receive *East End Life* call 7364 0474 or email [abdul.miah@towerhamlets.gov.uk](mailto:abdul.miah@towerhamlets.gov.uk)

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*East End Life* is published by Tower Hamlets Council with a print run of 99,000 copies delivered to homes, organisations and businesses in the borough every week.



The official independently audited door-to-door delivery is 82,279  
Audit Bureau of Circulation (ABC Regional) July-Dec 2014

*East End Life* was the first weekly newspaper produced by a local authority in the UK with a net cost of .02p per copy per week to produce. Paid-for advertisements are carried to keep costs to a minimum.

Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

 *East End Life* is printed on recycled paper – when you have finished with the newspaper, please recycle it.

# Birthday Honours for three public servants

BY SUSAN MULLIGAN

**THREE local heroes have been recognised in the Queen's Birthday Honours List.**

Cllr Peter Golds, already an OBE, was made a Commander of Order of the British Empire for services to local government.

"I am delighted, surprised and humbled to have been recommended for the award," Cllr Golds said.

"Over the past year, I have represented local government on the Magna Carta Commemoration Committee and this, along with service as a councillor, has demonstrated the incredible amount of work undertaken by ordinary citizens from so many walks of life.

"I hope to be able to continue public service for many years to come."

Patrice Canavan, head teacher at Oaklands School, was made an OBE for services to education.

Ms Canavan said: "I am proud and honoured.

"Nothing is achieved alone and everyone at Oaklands and those I have worked with in the past 36 years can feel a part of this."

Former council chief executive Kevan Collins, now heading the Education Endowment Foundation, was knighted for services to education.

He said: "I am truly honoured to receive this recognition.

"Since starting out as a



Oaklands School head teacher Patrice Canavan

primary teacher in Tower Hamlets, I've been privileged to work with many fantastic organisations and people dedicated to improving education for children and young people.

"It's been a joy to witness the collective will of schools up and down the country to tackle the massive issue of educational inequality in our system and improve outcomes for children from disadvantaged communities."



Kevan Collins



Peter Golds

## Inside this week's issue

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## Call to support global campaign

"Her use of her platform as First lady to drive change for girls and to break down barriers in access to education is critical for a civilized world. This is the call to get behind her campaign."

DR VANESSA OGDEN (LEFT), HEAD TEACHER, MULBERRY SCHOOL FOR GIRLS



## Q&A session

Former Australian Prime Minister Julia Gillard (left) joined the debate

SEE BELOW

## News

### First Lady Michelle Obama tells pupils they can achieve their dreams in spite of adversity

“

I have so many ambitions. The First Lady made me believe that even in the position I am in, I can still achieve those ambitions because she managed it.”

Ayesha Begum, year 10



Michelle Obama speaking to students at Mulberry School

# ‘When I see you, I see myself. Your story is my story’

“

**Mrs Obama spoke passionately about the importance of education as a transformational power for individuals and communities.**

**We were honoured to host her.”**

Sujina Khatun, year 13

Let Girls Learn was launched because of well-established links between education, earning capacity and quality of life.

The initiative will support community-led solutions to reduce barriers that prevent adolescent girls from going to school and staying in school. The \$200m scheme will be jointly funded by both countries.

### News in brief

#### Ramadan begins

THIS month, Muslim residents will be observing Ramadan – the ninth month of the Islamic calendar when worshippers do not eat or drink during daylight hours.

Ramadan began on June 17, which means residents observing it began their first day of fasting at sunrise on June 18.

Fasting will end on either Friday, July 17 or Saturday, July 18, as there are either 29 or 30 days in a lunar month.

Ramadan is a time of community; it is the custom to invite neighbours and friends to share evening meals – iftar – and recite special Tarawih prayers in congregation.

Mayor John Biggs said: “To everyone observing Ramadan, I wish you Ramadan Mubarak.

“Ramadan is a time for contemplation and generosity; a time for encouraging empathy and compassion for others – and these are values that are important to us all.

“It is important to stand united in our desire for respect and peace within our community, and to celebrate the diversity of Tower Hamlets.”

#### £5,000 for Nepal

A DOCKLANDS restaurant raised nearly £5,000 for victims of the recent earthquakes in Nepal when it hosted a charity event.

More than 100 people attended the dinner at Nakon Thai in Dock Road.

The event featured Thai folk dance performances, live music, and an auction.

#### Neighbours' dance

RESIDENTS are invited to an afternoon of fun and good company at a tea dance hosted by community organisation Neighbours in Poplar.

The event will take place at 1pm at St Matthias Community Centre, 113 Poplar High Street on Thursday, June 25.

Mary from the 4 Counties will provide entertainment. Tea will be served at 2pm and the event will end with a certificate presentation to volunteers.

Call 7987 0257 for details.

“

**As the First Lady said ‘your story is my story’... this has motivated me to follow my dreams.”**

Thasneem Zaman,  
year 13

levels and not many professional role models to look up to.

“The fact that I was a girl and black didn’t help either,” Mrs Obama said.

“When I see you, I see myself, your story is my story.”

As part of the Let Girls Learn commitment, the US and UK governments will support the education of girls in countries affected by conflict and crisis, such as Democratic Republic of Congo, Sierra Leone and Liberia.

And Mrs Obama urged pupils to be part of the conversation, to break down barriers and become role models, in order to help and ensure that other girls could have the opportunity to be educated.

Dr Vanessa Ogden, head teacher at Mulberry School for Girls, said it was a great honour to welcome Mrs Obama.

“The First Lady is one of the

greatest, most inspiring women of our time and her visit is an honour for us,” Dr Ogden said.

“Her use of her platform as First Lady to drive change for girls and to break down barriers in access to education is critical for a civilized world.”

“The moral imperative is clear and the business case supports it. This is the call to get behind her global campaign.”

The First Lady and head teacher were joined by Julia Gillard, former prime minister of Australia and current chair of the Global Partnership for Education, to take part in a question and answer session with students, Twitter followers and Peace Corps volunteers.

Earlier in the day, Mrs Obama engaged in a round-table discussion at the school, with secretary of state for international development Justine Greening.

Tower Hamlets’ schools have seen a huge improvement in performance in recent years.

All the borough’s secondary schools have been rebuilt or refurbished under the council’s £320m Building Schools for the Future programme.

Mayor of Tower Hamlets John Biggs said: “It’s fantastic that the First Lady chose to visit one of our borough’s excellent schools today. Following a major transformation programme, our schools are now internationally recognised and delivering some of the best results in the country.”

“I am sure the First Lady welcomed the chance to meet some of the inspirational young people our borough is rightly proud of and I know they will have found her visit an incentive for further success, in school and in life.”

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## A leap of faith for air ambulance

Abseilers descended 270ft at the Royal London Hospital to help raise £6 million for a second helicopter for London's Air Ambulance, which serves 10 million people within the M25.

[WWW.YOURHELICOPTER.LONDON](http://WWW.YOURHELICOPTER.LONDON)

SEE BELOW

## News



# Playgrounds to be smoke free

BY STEFAN SWIFT

### ALL children's playgrounds in the borough will be smoke free areas.

The scheme was launched on Tuesday, June 16 and signs will now be displayed at all playgrounds in Tower Hamlets to ensure they remain free from smokers.

The plan has been implemented to protect the health of children and their parents.

The council's Smoke Free team – part of the consumer and business regulations service at the council – funded and implemented the idea.

The Smoke Free team has worked closely with the council's public health and parks teams to ensure children do not suffer from the effects of second hand smoke.

A new no-smoking sign was unveiled at Mile End Play Park by Dr Somen Banerjee, director



Dr Somen Banerjee joins council staff, parents and children at Mile End Children's Park to promote the smoke free plan

of public health at the council

Dr Banerjee said: "Evidence shows that the more children see smoking when they are young, the more likely they are to become smokers themselves.

"This initiative is an important step towards protecting children from second-hand smoke and preventing them from seeing smoking as a normal, acceptable activity.

"The signs serve as a reminder for residents to think twice about smoking in front of children."

Anyone living or working in Tower Hamlets can access free NHS stop smoking services by visiting [www.towerhamlets.gov.uk/stopsmiting](http://www.towerhamlets.gov.uk/stopsmiting)

Anybody who falls foul of the new initiative can be given a fixed penalty notice.

## Penalty for lighting up

No-smoking signs will go up in all playgrounds. Anybody who falls foul can be given a fixed penalty notice.

SEE BELOW

## Soap star on a rope

ACTOR Larry Lamb launched himself off the highest helipad in Europe to support London's Air Ambulance – the charity that delivers an advanced trauma care to critically injured people in the capital. The helipad stands 284ft above ground level at The Royal London Hospital in Whitechapel. Larry (pictured), who is known for playing Archie Mitchell in EastEnders and Mick in Gavin and Stacey, was one of more than 200 daredevils who took part in the annual abseil. Participants also included BBC London presenter Victoria Hollins, the charity's chief operating officer Charles Newitt, and Edward Youens, a 92 year old great-grandfather.

Larry said: "Supporting London's Air Ambulance is a decision I made after learning it is a charity. You never know if and when you will need them. I'm hugely proud and full of admiration for the doctors, pilots, paramedics and operational teams from London's Air Ambulance who work tirelessly around the clock to save lives." The charity is currently fundraising for a second emergency medical helicopter, which will enable it to extend daylight flying hours in the summer months and reach an estimated 400 more patients per year. Donate at [www.yourhelicopter.london](http://www.yourhelicopter.london) or text HELICOPTER to 70800 to give £5 to the appeal.

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## Cash for cakes

Goodies cooked by pupils at Marner School were sold at the end of their bake-off, raising £228.



## A special relationship

"It was a particular honour to welcome Ambassador Barzun and to hear about the special relationship between the US and the UK." St Paul's Way executive headteacher Grahame Price.

SEE BELOW

## Schools news



STUDENTS from Morpeth, St Paul's Way and Mulberry secondary schools went to Paris to present a short film they had made. The group has been meeting once a week at Queen Mary

University as part of a programme run by Cinematheque Francaise, supported by the British Film Institute (BFI), and led by Marcus Hibbert, a Mulberry teacher.

Funding for the project, which focused on making and watching films that use gaps and spaces to tell stories, came from THAMES, the borough's arts and music education service.

The programme, called Le Cinema cent ans de jeunesse, runs in France, Spain, Portugal, Belgium, Germany, Brazil and Cuba. More than 1,000 young people gather in Paris for three days each June to show their films.

## Pupils thrilled to meet US ambassador

STUDENTS at St Paul's Way Trust School sixth form were thrilled to receive a visit from Matthew Barzun, the US ambassador to the UK.

Ambassador Barzun gave a lively presentation, encouraging students to explore their feelings about the US, both positive and negative. He covered a range of topics including America's role in international politics, gun crime and the American Dream as well as answering questions from students.

Year 13 pupil Sahra Botan said the ambassador was "really interesting – his response to sometimes controversial issues was very open and he acknowledged what we were saying".

Another student described him as "charismatic – he had a great presence and was very impressive".



Ambassador Barzun is greeted by one of the pupils

Two students in year 13, Naeema Farrah and Malachi Willis, were each presented with a US embassy coin in recognition of their outstanding academic progress and commitment to school life.

Executive headteacher Grahame Price said: "Our weekly

speaker slot gives sixth formers the opportunity to meet a wide range of people who share their experiences and their ideas.

"It was a particular honour to welcome Ambassador Barzun and to hear about the special relationship between the US and the UK."

## Bow bakers produce prize-winning cakes

BY JESSICA ODUBAYO

**APPLE** pies, cupcakes and pastries were just some of the delights served up at Marner School's mouth-watering bake-off.

The event at the Bow School on Monday, June 8 was part of summer science week.

The week aims to engage pupils in science in practical and fun ways. This year, the theme was kitchen science, with a focus on chemistry.

In order to promote the theme and involve parents as well as children, the school holds a competition where children complete a task at home.

The bake-off had nearly 100 entries and many parents sent in emails with pictures of their children baking at home.

Judges Jas Gill, school head cook, Dawn Abela, kitchen assistant and Gary Taylor, premises manager, adopted the names



Kamil, Anastasia, Laila and Zain with their prize dishes

of celebrity chefs and chose winners for each year group, as well as three overall winners.

Anastasia Scedrin won the top prize of head teacher for a day and runners-up Zahra Ali, Muhammed Ali, Arijus Krukas,

Dawud Matin, Zaiba Sardar and Shafkat Chowdhury will have a tea party with teachers.

Head teacher Mary Todd said: "I was overwhelmed with the fantastic response from our children and parents. Many

families sent in photos of the baking that they had done together. I am so proud of the effort that was put in. It was a real family event."

The goodies were sold and raised £228 for science week.



## Share a bit of what you love

Using the FiFiLi app, the council wants you to send photos of things you love about the borough – landmarks, quirky shops, beautiful scenery or an activity you like doing.

SEE BELOW

## Support at hand

Rainbow Hamlets supports lesbian, gay, bisexual and trans people living in Tower Hamlets.

[WWW.RAINBOWHAMLETS.ORG](http://WWW.RAINBOWHAMLETS.ORG)

## News

# It's invaluable what parents can bring to the classroom'

BY SAM GOUGH

**PARENTS** are returning to education, thanks to a council scheme delivered in partnership with schools.

Thirty-five parents and carers graduated on June 9 from an externally accredited course which makes them eligible to volunteer in their children's schools.

They are all parents of children at Stewart Headlam and St Peter's London Docks primary schools, or Mulberry School for Girls.

The aim of the programme is to increase the number of adults in schools as well as helping parents to gain qualifications and to open up a potential path to future employment.

Roles they will be fulfilling include classroom support, reading with children, escorting children on trips, support in the school library and helping to manage after-school and breakfast clubs.

The graduates were presented with certificates today at the Parents' Advice Centre in Greatorex Street to mark their completion of the 11-week course.

Zina Kristalli is a mother of three from Wapping whose twin boys are in reception at St Peter's London Docks School.

After completing the course, Mrs Kristalli has been volunteering at the school since February.



Parents who completed the course with course organiser Monica Forty

She helps teach the children's PE dance class and assists in teaching English to mothers who were born abroad.

She said: "It's really fantastic, it gives me great pleasure to see the mums happy and the children happy."

"Every parent has a different work background or educational background, they may come from a different

country, so all that adds to the different mosaic of a school. It's invaluable what parents can bring"

The course, which has been running for seven years, has been delivered by the council's Parent and Family Support Service and is accredited by the Open College Network.

Parents have to build up a portfolio

of work which is moderated by OCN.

The Parent and Family Support Service delivers up to seven courses a year in primary and secondary schools, and has supported 28 parents into employment in the past year through roles including teaching assistants, learning support assistants, mid-day meals supervisors, and after-school play assistants.

## 'Fix it, love it' app update

**A NEW, improved version of the council's Find it, Fix it, Love it (FiFiLi) app is now available to download from the App Store and Google Play.**

FiFiLi gives residents and visitors the chance to alert the council to something they love about Tower Hamlets or something that needs fixing.

The app gives residents and visitors the chance to highlight areas of the borough that they particularly enjoy.

The council wants members of the public to send photographs of something they love about the borough – a

landmark, a quirky shop, beautiful scenery or an activity.

The best images will be selected for the council's Instagram page every Thursday as part of its #loveitTHursday.

The app also allows people to submit concerns directly to the council.

Residents and visitors can instantly tell the council about any issues that need addressing.

This includes things such as anti-social behaviour, crime, rough sleeping, graffiti, fly-tipping, broken play equipment or streetlights, potholes, overflowing bins or anything else worth mentioning.

It is hoped that both residents and visitors to the borough will download the app.

By simply taking a picture of a problem, the app will pinpoint the location of the issue.

This will send the details directly to the correct department within the council, ensuring problems are dealt with swiftly.

The app also allows users to view details of road closures or works in the borough and sign up as a volunteer to help keep the borough clean.

Download the free app now from Apple's App Store or via Google Play.



## PUBLIC EXHIBITION & COMMUNITY FORUM

**New proposals for redevelopment of the vacant site at Cuba Street, E14 8GE**

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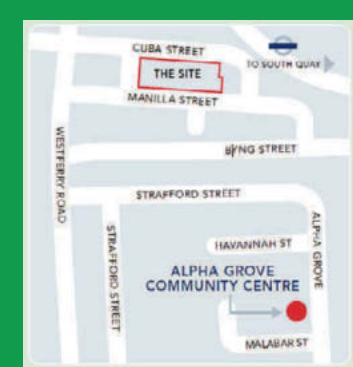
**Tuesday 30th June - 2.30pm - 5.30pm**

**Thursday 2nd July - 6.30pm - 9.00pm**

**Or attend the Community Forum**

**Monday 13th July - 7.30pm - 8.30pm**

**ALL HELD AT:** Alpha Grove Community Centre, Alpha Grove, Isle of Dogs, E14 8LH



Or Call: 0800 458 6976

[www.ballymorecubastreet.co.uk](http://www.ballymorecubastreet.co.uk)

### Useful information

# Safer fasting for diabetics

#### Advice from Tower Hamlets Public Health

#### DIABETES is a long-term condition that occurs when a person's blood sugar level becomes too high.

There are two kinds of diabetes known as Type 1 and Type 2. Type 1 diabetes is less common and can develop very quickly over the course of weeks or even days, particularly in children and young people.

Type 2 diabetes is very common in Tower Hamlets with more than 14,000 residents living with the condition.

It is estimated that more than 2,000 individuals living in the borough have the disease but have not yet been diagnosed.

However with early diagnosis and expert care people suffering from diabetes can lead normal, healthy lives.

Dr Somen Banerjee, director of public health at the council, said: "Over 70 per cent of Type 2 diabetes cases can be prevented or delayed by adopting healthier lifestyles."

"As Ramadan starts during Diabetes Week this year, it should be seen as an opportunity to focus on eating a healthy diet, stopping smoking and increasing physical activity, after the month-long fast."

"Anyone with diabetes who is thinking of fasting during Ramadan should speak to their GP or practice nurse to discuss how to keep well."

Suggestions for food to eat when breaking fast include:

**Complex carbohydrates** release energy slowly and are found in grains and seeds, like barley, wheat, oats, cereals, semolina, beans, lentils, wholemeal flour and basmati rice.

**Fibre-rich foods** are also digested slowly; these include bran, whole wheat, grains and seeds, potatoes with the skin, all

types of bread and breakfast cereals, vegetables such as green beans and fruit such as apricots, prunes or figs.

**Protein** such as lean meat, fish, eggs and lentils.

#### Vegetables and fresh fruit.

Locally, health professionals have been delivering training sessions for those that work with Muslims planning to fast to provide further information on the causes of diabetes and how to keep healthy throughout the holy month.

Research shows the risk of developing Type 2 diabetes is six times higher for people of South Asian origin compared to those of a European descent.

The large South Asian population in Tower Hamlets contributes to the borough's high rates of Type 2 diabetes.

Type 2 diabetes is preventable and is strongly linked to being overweight. If not managed well, diabetes can lead to complications such as blindness, lower limb amputation, kidney failure, heart disease and stroke.

Type 2 is also the most common form of diabetes and tends to develop gradually, which can make spotting the signs difficult. In fact, 95 per cent of people living with diabetes in Tower Hamlets have Type 2 diabetes.

Regular symptoms for both types of diabetes include:

- increased urination
- increased thirst
- tiredness
- dry mouth
- unexplained weight loss.

Health trainers are working across the community to identify people who may be at risk and advise them accordingly.

To find your local health trainer and see a timetable of activity, visit [www.towerhamlets.gov.uk/gethealthy](http://www.towerhamlets.gov.uk/gethealthy)

For further information on a healthy diet during Ramadan visit [www.bartshealth.nhs.uk/ramadan](http://www.bartshealth.nhs.uk/ramadan)

For information on visit [www.towerhamlets.gov.uk/stopsomoking](http://www.towerhamlets.gov.uk/stopsomoking)



#### Chemist rota

#### Pharmacists in Tower Hamlets with extended opening hours.

#### E1

**ABC Drug Stores**, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

**Beck & Sherman**, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

**Sainsbury's**, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

**Chapel**, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

#### E2

**Fairdale**, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

**Florida**, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-5pm.

**Tesco**, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

#### E3

**Bell**, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

**Forward**, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

#### Green Light

St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

**Lincoln**, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

**Tesco**, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

#### E14

**Boots**, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.

**Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

#### Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

#### Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Regular events. 07976 710964 or [towerhamletsnct@yahoo.com](mailto:towerhamletsnct@yahoo.com) [www.nct.org.uk](http://www.nct.org.uk)

#### Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

#### Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

#### Advice

#### East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bakesbourne St, E14. 0844 225 3704/0808 800 0303

#### Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. [fis@towerhamlets.gov.uk](mailto:fis@towerhamlets.gov.uk) 7364 6495

#### Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia.

Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

#### Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

#### Parents Advice Centre (PAC)

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues & Fri, 9:30am-3:30pm. 364 6489

#### LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1.

7392 2914 [www.toynebeehall.org.uk](http://www.toynebeehall.org.uk)

#### Free Advice

Benefits, housing, immigration.



## Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

Issue no.

Page no.

#### Careers advice

#### Tower Hamlets Careers Service

Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

#### TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

#### Careers advice

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343



## 'Exciting way to raise vital funds'

"People in the UK are going hungry for reasons ranging from redundancy to working in low-paid jobs. It is something we cannot ignore and we believe that no one should go hungry."

DAVID MCAULEY, CHIEF EXECUTIVE OF TRUSSELL TRUST

## Feeding families

Each Trussell Trust food box contains a minimum of three days of nutritionally balanced, non-perishable food.

[WWW.TRUSSELLTRUST.ORG](http://WWW.TRUSSELLTRUST.ORG)

## News



# Wrighty hails the power of sport

BY JESSICA ODUBAYO

**FOOTBALL legend Ian Wright hailed the power of sport to transform communities when he visited two events in Tower Hamlets.**

Wright opened Footy4 Foodbanks, a charity tournament held at London Docklands Powerleague. The former Arsenal striker turned TV presenter led teams in a pre-game warm-up before kicking off the tournament in his role as an ambassador for grassroots sport.

Organisations from across the UK took part in the tournament, which was organised by housing association Poplar HARCA on behalf of the Trussell Trust, which works to provide emergency food to families in crisis.

The event raised more than £15,000 to support the trust.

David McAuley, chief executive of Trussell Trust, said: "What an exciting and engaging way to raise vital



Top: more than 120 people came together to raise money for Trussell Trust. Above left: meeting Ian Wright. Above right: winning team Incommunities

funds for the Trussell Trust and its network of foodbanks in the UK.

"Every day people in the UK are going hungry, for reasons ranging from redundancy to working in low-paid jobs.

"UK food poverty is something we cannot ignore; we believe that no one should go hungry."

Wright also attended a youth sports festival at Stepney Green Park.

Street Elite, an



Game on...



Smiles and selfies all around



employment training programme, hosted the free, multi-sports event for primary, secondary and special educational needs schools in Tower Hamlets.

The programme consists of nine months of intensive coaching and

mentoring, designed to help young adults find a job or get into college. And the festival on June 11 gave students the chance to try out new sports and sign up to summer activities.

Wright said: "These young men and women are recruited face-to-face on some of the roughest estates in London. Nine months later, they believe in themselves and starting to make a real success of their lives.

"It shows you the power of sport and great youth work."



The organisers meet Ian Wright

## Super Scarlett

Tower Hamlets diving star Scarlett Mew Jensen has represented the borough and country in the sport.

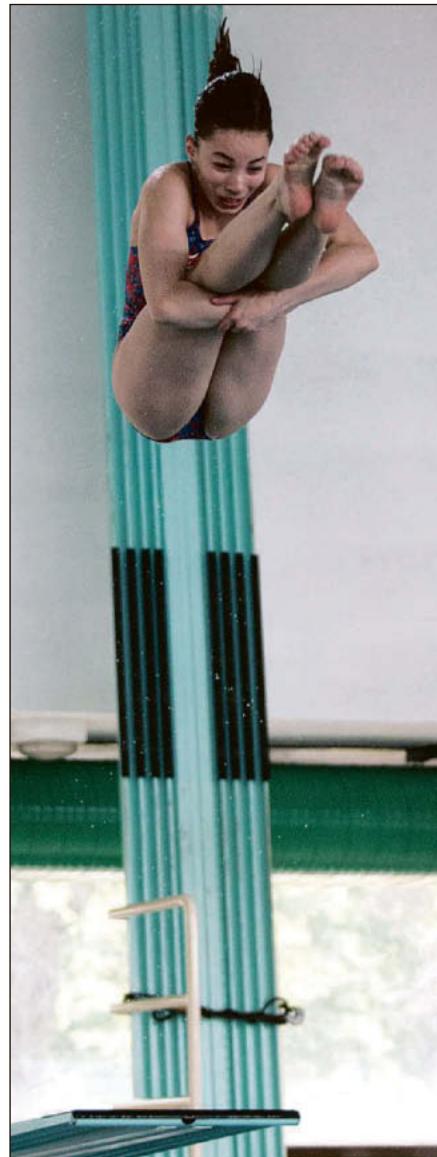


## Kids swim for a quid

Young residents can have a swim with the 'kids for a quid' offer at a selection of leisure centres in the borough from Monday to Saturday. You can get fit, meet friends or just have fun.

FOR A LIST OF PARTICIPATING POOLS, GO TO [WWW.TOWERHAMLETS.GOV.UK/SWIM](http://WWW.TOWERHAMLETS.GOV.UK/SWIM)

## News



## Gatehouse swim sensations

Left and right: Team GB Junior member Scarlett Mew Jensen demonstrates her diving skills

Above centre: long jumper JJ Jegede presented the medals

The Sewardstone Road school scored 60 points to win overall in the GLL-sponsored event at St George's Leisure Centre, The Highway, Wapping – 26 points clear of their nearest rivals, English Martyrs, Stepney.

On a day when 300 swimmers and 21 local schools took part, Gatehouse girls amassed 34 points and the boys 26.

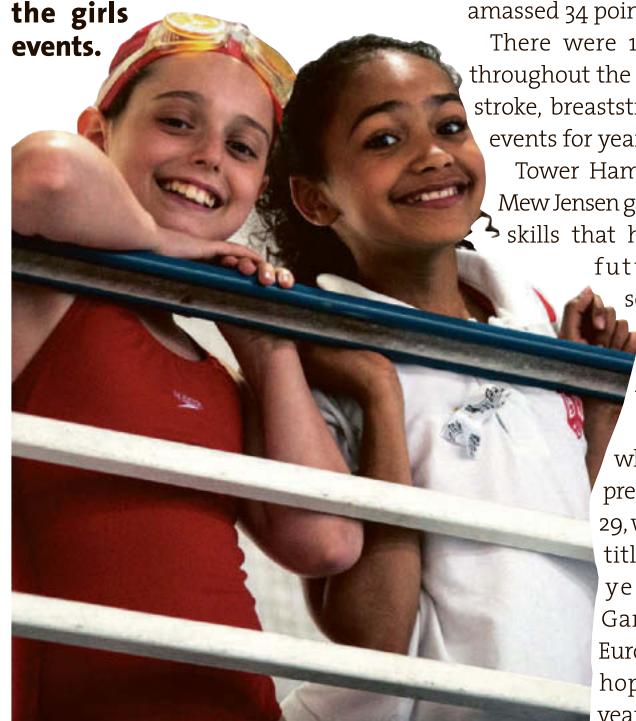
There were 16 events and 16 finals throughout the day with freestyle, backstroke, breaststroke, butterfly and relay events for year 5 and 6 pupils.

Tower Hamlets diving star Scarlett Mew Jensen gave a demonstration of the skills that have earmarked her for future Olympic Games selection. She is a national age group diver and Team GB Junior International member.

Long jumper JJ Jegede, who lives on the Isle of Dogs, presented the medals. Jegede, 29, won the British long jump title, was seventh in last year's Commonwealth Games, and ninth in the European championships. He hopes to compete in this year's World Championships.

BY PETER FAULKNER

**BETHNAL Green's Gatehouse School dominated the annual Tower Hamlets Primary School swimming championships, sweeping the board in both the boys and the girls events.**



### Results

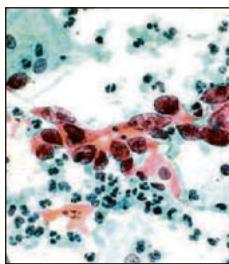
Overall girls winner Gatehouse 34 points  
Overall boys winner Gatehouse 26 points

### Overall winners

1st – Gatehouse – 60 points  
2nd – English Martyrs – 34 points  
3rd – Riverhouse – 31 points

### Schools that took part

Riverhouse, Our Lady and St Joseph, Culloden, Gatehouse, St Marys and St Michaels, Old Ford, St Pauls with St Lukes, St Pauls, St Johns, Globe, Cubitt Town, Sir William Burrough, Chisenhale, St Peters, English Martyrs, Bonner, St Saviours, Columbia, Malmesbury and Sir John Cass.



## Automatic smear test invite

Women who are registered with a GP practice and are aged between 25 and 64 will automatically receive an invitation to attend a cervical smear test.

[WWW.CANCERSCREENING.NHS.UK](http://WWW.CANCERSCREENING.NHS.UK)

SEE BELOW

## News

### Arif just can't stop running and it's all in aid of charity

#### YOU wouldn't blame Whitechapel resident Arif Uddin if he never wanted to run again.

He has taken part in nine gruelling events, covering some 200 kilometres, to raise money for first aid charity St John Ambulance.

Management consultant Arif, 28, started his 'runnathon' challenge in January when he completed the Richmond Park 5K race.

He has since run a 10K event at the Olympic Park in Stratford, the North London Half Marathon, Regent's Park 10K and the Manchester Marathon, and in May he climbed England's highest mountain, Scafell Pike, in the Lake District.

His final three challenges were the Hackney Half Marathon, the Keswick Ultra Marathon and the Stockholm Marathon on May 30.

Arif said: "I wanted to do something that I could look back on and be proud of and something that would benefit a charity that does so much good work in local communities.

"St John Ambulance volunteers are so often the difference between life and death through using their first aid skills and teaching life-saving skills – so I couldn't think of a better cause to support."

Arif has raised more than £600 so far. Donations can be made online at [www.justgiving.com/runnathon](http://www.justgiving.com/runnathon)



Arif Uddin is backing St John Ambulance

## Marathon man

Arif Uddin has taken part in nine tough events and covered 200K to raise money for St John Ambulance.

SEE BELOW

#### News in brief

#### How to prevent accidents at home

LINKAge Plus ran a series of free events during Falls Awareness Week from June 15-21 and gave advice and videos on how to prevent accidents at home.

Falls are a common cause of injury in older people. Around one in three adults over 65 who live at home will have at least one fall a year, and about half of these will have more frequent accidents.

Around 1 in 2 people over 80 will fall at least once a year and, after having a fall, some older people can lose confidence, become withdrawn and may feel as if they have lost their independence.

Although most falls do not result in serious injury, broken bones are a common complication and a significant cause

of pain, disability, emergency hospital admissions and long hospital stays.

LINKAge Plus works in partnership with the Peabody Trust, Toynbee Hall, Neighbours in Poplar and St Hilda's East.

For more information call 7392 2914 or visit [www.linkageplus.co.uk](http://www.linkageplus.co.uk)

#### Healthy options

TOWER Hamlets boasts one of the highest take-up rates of NHS health checks in the country, according to new figures published today by Public Health England.

The figures show that more than 27,000 people in the borough had their free check over the last five years – more than 8,500 of them in the last 18 months.

For more information visit [www.nhs.uk/NHSHealthCheck](http://www.nhs.uk/NHSHealthCheck)

# Smear test may be a lifesaver

BY HELEN WATSON

#### HEALTH chiefs are urging women to attend their regular smear test.

Women aged between 25 and 64 are eligible for free NHS cervical screening (known as a smear test) every three to five years.

The test can detect changes in the cells of the cervix, which could be a sign of cancer.

Women, registered with a GP, who are eligible for the test will receive an appointment letter.

Around 70 per cent of women across east London who receive an invitation attend their appointment.

Every year, 3,000 women in the UK are diagnosed with cervical cancer. Cervical screening aims to detect abnormal cells so that they can be removed, preventing cancer developing in the first place. The earlier

treatment is sought, the better the chances of survival.

Sir Sam Everington, GP and chair of NHS Tower Hamlets Clinical Commissioning Group, said: "When you are invited you should make it a priority to attend your smear test.

"This simple test can make such a big difference. The sooner cervical cancer is found and treated the better your chance of living a healthy, happy life."

If something unusual is found patients may be asked to undergo a further test, called a colposcopy. The clinics are run at new, specialist facilities at The Royal London Hospital.

The clinic sees 100 per cent of patients within the target eight weeks and 100 per cent of test results are returned within eight weeks of appointment.

Anna Parberry, lead nurse colposcopist at Barts Health NHS Trust, explained: "Many women avoid cervical screening

as they worry what will happen 'if something bad is found'. That's where we come in.

"We'll assess their risk of developing cervical cancer and, if necessary, remove the problem cells in a simple procedure at an outpatient appointment in hospital.

"The truth is that for most women a test that shows a change in their cervical cells won't mean that they have cervical cancer. If it is cancer, it is always better to know and get treatment sooner rather than later."

Symptoms that can occur when people have cervical cancer include vaginal bleeding, abnormal discharge, and discomfort during sex or lower back pain.

People experiencing any of these symptoms should speak to their GP. However, cervical cancer often has no noticeable symptoms.

# LIMEHOUSE DAY NURSERY

## Quality Childcare

Specialised tutors in French, Dance & Movement, Sport and Action Adventure Story Telling.

### Emergency Childcare Provider

Please come and see for yourself

#### Fees

3 months to 5 years  
£1,000 per month

2 years to 5 years  
£780 per month

if eligible for 15 hours of free childcare

For further details call  
020 7538 3355

or email:

[limehousechildcare@gmail.com](mailto:limehousechildcare@gmail.com)  
[www.limehousedaynursery.co.uk](http://www.limehousedaynursery.co.uk)



Delivering Quality Affordable Childcare to the local community for over 28 years. Part of Limehouse Childcare Ltd.

QUALITY COUNTS  
NDNA ACCREDITED

## Support for diabetics

The number of people registered with diabetes in Tower Hamlets rose by 4.9 per cent over the last year.

DIABETES.ORG.UK

## News in brief

### Healthy eating

HEALTHY eating campaigners and health trainers who help people develop healthier lifestyles will chat to residents at two events this week.

Project workers from Banana Bytes, which works with parents, children and schools to tackle childhood obesity, will be at story time sessions at Idea Store Bow, Gladstone Place, Roman Road, on Monday, June 22 at 10.30am and Idea Store Chrisp Street, Vesey Path, Poplar, on Tuesday, June 23 from 10.30am.

Visitors can collect a free recipe booklet, watch videos and meet the team.

### IT skills and mind games at Mildmay

MILD MAY Hospital in Bethnal Green has opened a new computer suite designed to increase daily living skills for people

with HIV-associated brain impairment.

The suite is open to day service clients and in-patients. And a training programme at the hospital will enable them to learn or re-learn computer skills.

There are also internet-based mind training games and assessment tools, which will help patients' rehabilitation and treatment.

### Diabetes rate rises

THE number of people with diabetes in Tower Hamlets has risen, according to figures released by charity Diabetes UK.

The figures, extracted from official NHS data, show that there were 14,916 adults registered with diabetes in 2013-2014, an increase of 4.9 per cent compared to the previous year.

Diabetes UK is calling on the NHS to ensure people living

## Health and social care charity



Jewish Care is a charity providing services for people who are elderly, mentally ill, physically disabled or visually impaired, as well as Holocaust survivors and refugees.



### ASB decreases

THE number of anti-social behaviour (ASB) incidents has dramatically reduced thanks to a pilot scheme in Bethnal Green.

The council has been working to reduce the number of young people drinking alcohol and taking part in ASB.

The Community Alcohol Partnership was formally established last April.

Following the year-long project, ASB rates were found to have dropped by 46 per cent and the number of alcohol seizures decreased by 87 per cent.

A VOLUNTEER who has given more than 45 years service to Stepney Jewish Day Centre was among a group introduced to HRH Prince William at the charity's 25th anniversary fund-raising dinner on Thursday, June 11. Barbara Waterman (pictured with the prince) has been volunteering since 1970 and involved in all aspects of the centre, from catering to entertainment. "I like the people, they are real characters – they are like family," Barbara said. The event was one of Prince William's first public appearances since the birth of his daughter, Princess Charlotte. And the Duke of Cambridge praised guests for their role in supporting older and vulnerable members of the community.

Photo: Blake Ezra



## What Can you Do in 2015?



Eat well Move more Live longer

Deadline:  
12 noon on Friday  
17th July 2015

Up to £500  
support available  
for your community  
led project!

**What's available?** Project start up support, including training and up to £500 per project, is available to individual community members or informal community groups. (This is not available to larger organisations). So far, over 310 projects have been supported across Tower Hamlets.

**What types of project?** Your project must show that it supports members of your local community to be more physically active, to improve your local environment, to eat well and maintain a healthy weight or to encourage walking or cycling. You must coordinate the project on a voluntary basis.

### NW Wards

Weavers, St Peters, Bethnal Green, Spitalfields & Banglatown

Osmani Centre

58 Underwood Road, E1 5AW

Community Development Worker:

Alema Akthar

email: cando@osmanitrust.org

tel: 020 7247 8080



### NE Wards

Bow West, Bow East, Mile End, Bromley North, Bromley South

Bromley by Bow Centre

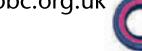
St Leonards Street, E3 3BT

Community Development Worker:

Hajira Begum

email: hajira.begum@bbbc.org.uk

Tel: 020 8709 9700



### SW Wards

Whitechapel, Stepney Green, St Dunstan's, Shadwell, St Katherine's & Wapping

Island House

Roserton Street, E14 3PG

Community Development Worker:

Cathy Weir

email: cando@island-house.org

Tel: 020 7531 0312



### SE Wards

Limehouse, Lansbury, Poplar, Island G'dns, Canary Wharf, Blackwall & Cubitt Town

Island House

Roserton Street, E14 3PG

Community Development Worker:

Cathy Weir

email: cando@island-house.org

Tel: 020 7531 0312



Can Do applications are assessed by Community Assessment Panels in each locality.

If you would like to volunteer to be on your local panel, please contact your area's CDW for more details.





## Villainy and treachery

On Blood's gravestone ran the epitaph: "Here lies the man who boldly hath run through, more villainies than England ever knew; and ne'er to any friend he had was true."

## Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at [johnrennie@gmail.com](mailto:johnrennie@gmail.com)

[WWW.EASTLONDONHISTORY.COM](http://WWW.EASTLONDONHISTORY.COM)

### History

BY JOHN RENNIE

**THE East End has had its share of audacious thieves and robberies. After all, this was the home turf of the Krays, their mentor Billy Hill, Jack 'Spot' Comer and Arthur Harding.**

And down the centuries, the bookies, pubs, clubs and banks of our borough have been the unwelcome focuses of attention from those characters – victims of assorted thefts, protection rackets, long frauds and blatant extortion.

But for sheer audacity, it's hard to beat an attempt to pinch the Crown Jewels. To do so, then to get caught and escape the chopping block – and to wind up being granted a pension from the King – would take a teflon-coated Houdini. But then Colonel Thomas Blood wasn't any ordinary thief.

In April 1671, a man dressed as a parson, accompanied by his 'wife', approached the Jewel House at the Tower of London and requested a viewing of the Crown Jewels.

In those days, the treasure house, located in the Martin Tower, wasn't open to the public, but could only be entered on request and on payment of a small fee.

The Master of the Jewels acquiesced, but no sooner had the pair entered the jewel room than the woman was taken ill with a stomach complaint. The anxious parson begged the newly appointed master, the 77-year-old Talbot Edwards, for a glass of brandy to settle her innards. And a dram was easy to come by... fortuitously, Edwards' apartment was just upstairs immediately above the jewel house.

It was the beginning of a whirlwind friendship. Over the next few days, the parson (Blood in disguise of course) returned several times – bearing gifts of white gloves for Edwards' wife, returning again to share a drink with the hapless custodian, and eventually even arranging the betrothal of a fictitious nephew to the Edwards' niece (the boy would come with a small fortune, needless to say).

The cunning Colonel was playing a long game, and Edwards (succumbing to a potent mix of trust, flattery and his own greed) was being thoroughly played.

Then, on May 9, 1671, the Edwards' new pal was invited to dinner in the Martin Tower apartments. While Mrs Edwards prepared a delicious repast, the parson persuaded Talbot to conduct an impromptu viewing of the Crown Jewels below. Oh, and the clergyman had brought along that rich 'nephew' and two of his friends.

Entering the Jewel House, poor Edwards found darkness falling. The canes the men carried concealed rapiers; pistols were tucked in their pockets. A hood was thrown over Talbot's head, he was struck with a hammer, bound, gagged and stabbed.

# The Crown Jewels heist that so nearly succeeded



Left: Colonel Blood  
Above: Martin Tower, home of Charles' Crown Jewels

Lieutenant of Ireland. Defeated, he fled to Holland, and took up arms against England in the Anglo-Dutch Wars.

By 1670, the arch trickster was, improbably, living in Essex and practising as an apothecary in Romford Market, under the name Ayloffe.

Later that year he had another pop at his old adversary Ormonde. Blood and his gang dragged the unfortunate Duke from his carriage in St James', and sped on horseback along Piccadilly – Blood's plan was to lynch him at Tyburn.

Ormonde was at Charles' court, so he watched, apoplectic, as his King was charmed by Blood, pardoned him and his boys, and gave him a pension and lands in Ireland.

What possessed the King? Fear that Blood's men would turn against the Crown? Perhaps simply a fondness for a rogue with a good yarn.

There is even a theory that Charles, forever short of money, may have put Thomas up to the theft, planning to pocket the proceeds without the loss of face of selling his own Crown Jewels.

Most intriguing of all, according to a fascinating new book on Blood\*, the crafty Colonel may have been a spy – a double agent who, while working for Charles, was involved in plots to murder him.

Whatever, Blood was now a fixture at Court, operating as an advocate in suits and petitions brought to the King. Cunning and with a quick tongue, he proved a success.

But his quick temper got him into trouble once more. In 1679, he fell out with his former patron, the Duke of Buckingham. The Duke sued Blood for libel, winning £10,000 damages – an enormous amount. Blood of course never paid, and was jailed.

Released in July 1680, the rogue died just a month later. He was 62. On his gravestone ran the epitaph: "Here lies the man who boldly hath run through, more villainies than England ever knew; and ne'er to any friend he had was true."

An accurate character appraisal. And the absolute truth can never be known about a larger than life figure – one whom a movie script writer would hesitate to invent, so improbable were his adventures.

But one can't help but have a sneaking regard for the man who, so nearly, pulled off the East End's greatest ever robbery.

**The Audacious Crimes of Colonel Blood**  
by Robert Hutchinson; [orionbooks.co.uk](http://orionbooks.co.uk)  
hardback £20.

# A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at...

[WWW.TOWERHAMLETS.GOV.UK](http://WWW.TOWERHAMLETS.GOV.UK)



# Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

[WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM](http://WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM)

## Council information

### Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

### Meetings

**Tuesday, June 23**

5pm: Extraordinary licensing committee

To consider applications for sexual entertainment venues.

For details call Simmi Yesmin on 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

**Wednesday, June 24**

8pm: Council



### Tower Hamlets online

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

For information on council services, including:

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at [www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm](http://www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm)

For details call John S Williams on 7364 4204 or email [johns.williams@towerhamlets.gov.uk](mailto:johns.williams@towerhamlets.gov.uk)

Details are accurate at time of going to press.

Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.

## Planning

**E1**

**94 Whitechapel High Street** – change of use of basement and ground floor from retail to restaurant with seating area and ventilation ducting at rear.

**133-137 Whitechapel High Street** – change of use of part lower ground and ground floor, together with first to seventh floor from university to office accommodation.

**Holland Estate, Commercial Street** – details of final code for sustainable homes assessment of planning permission, ref: PA/08/02347.

**43 Commercial Street** – alterations to shopfront with enlargement of windows, installation of retractable canopy and 3 fascia signs.

**51 Redmans Road** – details of construction management plan, highways, method statement and remediation of planning permission, ref: PA/14/01000.

**Flat 51, Sanderling Lodge, Star Place** – move west extension further north to increase space on south-west terrace planning permission, ref: PA/12/663.

**80 Back Church Lane** – demolition of existing three-storey educational building and erection of a six-storey building comprising educational use at basement level and part ground floor level, with 59 residential units (27 x one-bed, 23 x two-bed, 8 x three-bed and 1 x four-bed) at ground to fifth floor level. Incorporation of sub-station and associated alterations to layout and rear projections; alterations to design of external elevations; modified entrance to affordable housing units from Boyd Street; modified design and location of basement escape stair (at north-west corner); enclosure of private amenity space at ground level; alterations to design of communal roof garden. Planning permission, ref: PA/14/00215.

**Unit 6, 1 Canter Way** – installation of 4 x internally illuminated MBX lettering, 5 x internally illuminated A1 displays, 26 x internally illuminated A3 displays, 2 x vinyl manifestations and 1 x wall map.

**100 Whitechapel Road** – demolition of buildings.

**20-22 Whitechapel Road** – details of external facing materials and alternative glazing material of planning permission, ref: PA/13/03006.

**49-51 Raven Row** – one-storey roof extension to

provide 1 x 3 bed flat.

**Former Goodmans Fields, 74 Alie Street and land north of Hooper Street and east of 99 Leman Street** – details of parking and cycle parking of planning permission, ref: PA/11/03587.

**E2**

**Flat 5, 4 Minerva Street** – extension at roof level to replace existing room with pre-fabricated living space and reconfigured internal layout.

**65 Old Bethnal Green Road** – rooftop extension to provide private internal and external amenity and creation of basement/ground self-contained granny flat.

**290-294 Hackney Road** – additional storey at roof level, and four-storey rear extension, change of use of existing ground/lower ground retail to a cafe/restaurant at ground floor level and a two-bedroom flat at lower ground.

**E3**

**42 Ridgdale Street** – removing existing concrete tiles from roof of building and replacing with original natural slate tiles.

**Wellington Way Health Centre, 1a-1b**

**Wellington Way** – reduce back to old pruning points to maintain within good foliage practice.

**131 Antill Road** – fell and grind out stump of cherry tree.

**E14**

**Big Easy, Cross Rail Station, 1 Cross Rail Place** – signage including 3 sets of internally illuminated letters, 3 sets of super-imposed neon.

**Innovation Centre, 225 Marsh Wall** – environmental impact assessment in support of application for 425 residential units with office, nursery and community uses.

**205 East India Dock Road** – installation of ATM installed through a white laminated composite security panel, incorporating fascia with black bezel surround and white illuminated lettering out of black background.

**East India Dock, Clove Crescent** – demolition of existing buildings for mixed-use development comprising a maximum of 78,871 sq/m GIA (excluding basement) of floorspace for residential, office and flexible workspace, leisure, retail, open spaces, landscaping and public realm utilities, including electricity substation(s).

## Drug treatment providers

### Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1.

7790 1344  
[www.lifeline.org.uk](http://www.lifeline.org.uk)

### Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

### Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14 7538 9421

### Young People's Service

Treatment for under-19s. Unit 26, Skyline Village, Limeharbour, E14 3069 7878  
[www.lifeline.org.uk](http://www.lifeline.org.uk)

### Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399  
[www.compass-uk.org](http://www.compass-uk.org)

### Community Alcohol Team

Unit 22, Skyline Village Limeharbour, E14. 0800 008 7200  
[www.rapt.org.uk](http://www.rapt.org.uk)

### Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idris Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

## Kids' Summer Activities Supplement – 29th June

East End Life's monthly Get A Life supplement on 29th June will be themed around activities for kids during the summer holidays. This is an opportunity for advertisers who offer such services to promote them to local residents before the school term ends.

**Call or email the sales team for enquiries or bookings**

Sharan 020 7364 4061 [sharan.ahmed@towerhamlets.gov.uk](mailto:sharan.ahmed@towerhamlets.gov.uk)

Christine 020 7364 4994 [christine.o'doherty@towerhamlets.gov.uk](mailto:christine.o'doherty@towerhamlets.gov.uk)

Terri 020 7364 4682 [terri.gornall@towerhamlets.gov.uk](mailto:terri.gornall@towerhamlets.gov.uk)

Fatima 020 7364 4623 [fatima.khan@towerhamlets.gov.uk](mailto:fatima.khan@towerhamlets.gov.uk)

Booking deadline is  
Tuesday 23rd June  
at 12 noon.  
Prices start from  
£50 + VAT



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## Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

[MY.TOWERHAMLETS.GOV.UK](http://MY.TOWERHAMLETS.GOV.UK)



## Did you get it?

Last week's photo was of stonework at St Barnabas Church, Bow.

## Council information

### Town Hall

Town Hall, Mulberry Place,  
5 Clove Crescent, E14 2BG.  
7364 5000

### Hotline numbers

Housing benefits – 7364 5001  
Council tax – 7364 5002  
Parking services – 7364 5003  
Streetline – 7364 5004  
Adult social care – 7364 5005  
Children's services – 7364 5006  
Pest and noise nuisance –  
7364 5007  
Employment & skills service  
(Skillsmatch) – 7364 3727  
Environmental health,  
trading standards & licensing  
– 7364 5008  
Planning & development  
– 7364 5009  
Business rates – 7364 5010  
Recruitment line – 7364 5011  
Electoral services – 7364 0872  
Tower Hamlets Homes  
– 7364 5015  
Healthline – 7364 5016

### General enquiries

Council enquiries – 7364 5020.

### Useful housing numbers

Housing repairs – 0800 376 1637  
Tenancy support – 7364 5544  
Housing advice – 7364 3558  
Homeless service – 7364 7474  
Choice-based lettings  
– 7364 0244  
Homeseekers – 0845 270 2400

### Switchboard

If you know the name of the person or department you wish to speak to, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

### Report it!

#### To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101  
Textphone – 18001 101

If a crime is in progress,  
there is an emergency or if  
anyone is in immediate  
danger dial 999.

The council's domestic  
violence team can provide  
information, signposting and  
referrals to local services.  
Bengali speakers available

0800 279 5434 (office hours)

#### 24-hour domestic violence national helpline

0808 2000 247

#### Haven Whitechapel (sexual assault referral centre)

7247 4787

#### Karma Nirvana (Honour Network Helpline)

0800 5999 247

#### Broken Rainbow (LGBT domestic violence)

0845 260 4460

#### Black Women's Health & Family Support

8980 3503

#### Rights of Women

#### legal advice

7251 6577

#### Victim Support Line

0845 30 30 900

#### Victim Support Tower Hamlets

8555 8254

#### NSPCC Child Protection Helpline

0800 800 5000

#### Childline

0800 1111

#### Shelterline

0808 800 4444

#### Respect (for perpetrators)

0845 122 8609

#### Reunite (advice about child abduction)

0116 2556 234

#### Men's Advice Helpline

0808 8010 327

#### Samaritans

08457 909090

#### Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict

Free service for council tenants  
and leaseholders. 7702 8305

#### Trading standards

Consumer Direct: 08454 040506

### Walk-in services

#### One Stop Shops

Bethnal Green – 1 Rushmead,  
off Bethnal Green Road, E2

Bow & North Poplar – John  
Onslow House, 1 Ewart Place, E3

South Poplar – 15 Market  
Square, Chrissp Street, E14

Stepney & Wapping –

Idea Store Watney Market,  
260 Commercial Road, E1.

Open Mon-Fri, 9am, doors  
close at 4.30pm. Sat, 9am,  
doors close 12.30pm at  
Rushmead and Idea Store  
Watney Market only.

### Idea Stores

Bow – Gladstone Place, E3.

Canary Wharf – Churchill  
Place, Canary Wharf, E14.

Chrissp Street – Vesey Path, E14.

Whitechapel – 321 Whitechapel  
Road, E1. 7364 4332

Watney Market –

Commercial E1. 7364 4332

All open: Mon to Thurs,  
9am-9pm; Fri, 9am-6pm;  
Sat, 9am-5pm. Sundays –  
Bow and Chrissp Street  
open, 10am-4pm;  
Whitechapel, 11am-5pm; and  
Canary Wharf, 12-6pm.

### Libraries

Bethnal Green – Cambridge  
Heath Road, E2. 8980 3902

Cubitt Town – Stratfordale  
Street, E14. 7987 3152

All open: Mon, Tues, Weds  
& Fri, 10am-6pm; Thurs,  
10am-8pm; Sat, 9am-5pm.

Local History Library and  
Archives – 277 Bancroft Road,  
E1. Open Tues, 10am-5pm;  
Weds, 9am-5pm; Thurs,  
9am-8pm; Sat (1st & 3rd of  
the month), 9am-5pm.

7364 1290; email [localhistory@towerhamlets.gov.uk](mailto:localhistory@towerhamlets.gov.uk)

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E: [info@westminsterchambers.com](mailto:info@westminsterchambers.com)  
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[www.westminsterchambers.com](http://www.westminsterchambers.com)

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Salem International Christian Centre

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somebody will be there for you

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**07481 242958: 7pm - 10pm**

**07984 102976: 7pm - 10pm**

**07534 668392: 2pm - 7pm**

Your life matters, your life is

important and God loves you

Email: [admin@salemeurope.org](mailto:admin@salemeurope.org)

[www.salemeurope.org](http://www.salemeurope.org)

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## Isku soo dhawaashada

War iyo wacaal waxaad haysaan u  
soo dir boga isku soo dhaweynta  
bulshada ee East End Life.

7364 3179



## মালবারি গার্লস স্কুল পরিদর্শন ফেস্ট লেডি মিশেল ওবামা

মেয়েদেরকে শিক্ষিত করে তোলার বিশ্বব্যাপি প্রচারাভিযান 'লেটস্গার্লস লার্ন' ইনিশিয়েটিভ এর অংশ  
হিসেবে আমেরিকান ফাস্ট লেডি মিশেল ওবামা মালবারি স্কুল ফর গার্লস পরিদর্শন করেন। এসময়  
তাঁর দুই মেয়ে সাশা ও মালিয়া ওবামাও সাথে ছিলেন। বিস্তারিত পড়ুন নিচে -

MULBERRY SCHOOL FOR GIRLS WELCOMES THE FIRST LADY

## Harmony

# Ladagaalanka khiyaanada

Crackdown on housing fraud – issue 1064

### COUNCILKU wuxu sii wadayaa inuu sii adkeeyo ladagaalanka deganaan-shaha sharci darada ah iyo isticmaalida khiyaanda guryaha.

Laba kiis ayaa maxkamada la horgeeyey, natijadina waxay noqotay in laba guri u baanaadaan cadsadeyaasha u diiwaan gashan sugitaanka guryaha.

Waxa jira 19,650 cadsade oo liiska sugitaanka ku jira. Kiiska hore wuxu ahaa guri ka kooban laba qol oo hurdo ah oo ku yaala Isle of Dogs oo si sharci darro ah loo deganaa.

Councilku wuxu la shaqeeeyey mulkiilaha Southern Housing, waxana amar guri ka saaris 14 cisho gudahood ah ogolaatay Royal Courts of Justice.

Kiiska labaad waxa si wada-jir ah u baadhey councilka iyo Poplar HARCA, ka dib markii ay warbixin ka heleen kooxda

dheefaha guryaha ee degmada. Kiraystiihii gurigu wuxu la deganaa waalidkii oo ku nool meel degmada ka baxsan, wuxuna ku dacwoonayey inuu weli guriga degan Yahay.

Baadhitaankii ka dib mulki-illaha gurigu wuxu dhiibay ogeysiis ah inuu gurigii dib u helo, waxana xigay in kireystiihii uu soo celiyo furihi guriga, gurigaasina wuxu iminka diyaar u Yahay dadka liiska sugitaanka guryaha ku jira.

Minesh Jani oo ah madaxa maamulka khatarta ee councilka, waxay tidhi: "Waxaan khiyaanada guryaha u qaadanaa si dhab ah.

Anagoo ogsoon in guryaha dadka loogu deeqi karaa ay aad u xadidan yihii, waxaan u baahanahay inaan hubino in guryaha ay degi karaan oo keliya dadka aad ugu baahani.

Natijadii dadaalkii aanu samaynay wuxu noqday in laba guri oo dheeraad ahi u ba-

naanaadaan diiwaangelinta guud ee guryahayaga, labada kisbana waxaanu si midaysan u wada shaqaynaynay mulki-illayaasha, waxaanuna ku amaanaynaa caawimadoodii iyo wadashaqayntoodii."

Kooxdala dagaalanka khiyaanaya ee degmada Tower Hamlets waxay si wada jir ah ula shaqaysaa wakaaladaha kale, si loola dagaalaamo khiyaanada.

Waxay ka helaan kisaska loo soo gudbiyo iyo baadhi-taanada dacwadaha meelo kala duwan, oo ay ka mid yihiin qayaha kale ee councilka Tower Hamlets, councilada kale, qaybta hawlgabka iyo shaqooyinka, booliiska iyo xubno dadweynaha ka mid ah.

Qofkii raba inuu ka warbixyo wuxu uga shakiyey khiyaano wuxu la xidhiidhi karaa councilka tel: 0800 528 0294, ama email u dir [anti-fraud@towerhamlets.gov.uk](mailto:anti-fraud@towerhamlets.gov.uk)



## মালবারি গার্লস স্কুল পরিদর্শন করলেন আমেরিকার ফাস্ট লেডি মিশেল ওবামা

Michelle Obama visits Mulberry School – pages 1 & 3

ইউনাইটেড স্টেট অব আমেরিকার ফাস্ট লেডি এবং তাঁর দুই কন্যাকে সোমবার স্কুল ক্যাম্পাসে স্বাগত জানিয়েছে টাওয়ার হ্যামলেটসের একটি বালিকা বিদ্যালয়।

মেয়েদেরকে শিক্ষিত করে তোলার বিশ্বব্যাপি প্রচারাভিযান 'লেটস্গার্লস লার্ন' ইনিশিয়েটিভ এর অংশ হিসেবে আমেরিকান ফাস্ট লেডি মিশেল ওবামা টাওয়ার হ্যামলেটস এর মালবারি স্কুল ফর গার্লস পরিদর্শন করেন। এসময় তাঁর দুই মেয়ে সাশা ও মালিয়া ওবামাও সাথে ছিলেন। স্কুল ক্যাম্পাসে তাঁরা এসে পোছালে স্টাফ এবং ছাত্রীরা বিপুল হৃষেৎফুল্লতার সাথে তাদের স্বাগত করেছে।

সারা বিশ্বের মেয়েরা যাতে করে তাদের শিক্ষা জীবন সম্পন্ন করতে পারে, তা নিশ্চিত করতে শিক্ষা সুবিধাদি আরো উন্নত করতে ইউকে এবং ইউএসএ কিভাবে মৌখিকভাবে কাজ করতে পারে তা নিয়ে আলোচনার জন্যই 'লেটস্গার্লস লার্ন' উদ্যোগ নেয়া হচ্ছে।

লেটস্গার্লস লার্ন উদ্যোগ নেয়া হচ্ছে এই কারণে যে, মেয়েরা যদি মান সম্পন্ন শিক্ষা পায় তাহলে সে মানসমত জীবন যাপনের মতো আয় করতে পারবে, যাত্যায়সমত ও শিক্ষিত পরিবার গঠন এবং তার নিজের জীবন, পরিবার ও কর্মিটিন্টির মান উন্নয়নে ভূমিকা রাখতে সক্ষম হচ্ছে।

Trevor Kennett oo ah madaxa fulinta nabadgelyada bulshada, ayaa wuxu yidhi: "Saraakiishu waxay qabtaan shaqo adag, waxay degaanka kala kulmaan cadaadis badan."

"Saraakiishu sharaf ayay mudan yihii, waxaanay ka bogsan ogiyihii siyaabaha sakkfata ও দক্ষতা অর্জন করেন।

সকল অভিভাবক এসেছেন স্ট্যার্ট হেলাম

হৈ। মেয়েরা যাতে স্কুলে যাব এবং যথাযথভাবে শিক্ষা জীবন সম্পন্ন করে, তা নিশ্চিত করতে সব ধরনের বাধা বিপর্তি অপসারণ করে সহযোগিতা করাই এই উদ্যোগের অন্যতম লক্ষ্য।

মিশেল ওবামা 200 মিলিয়ন ডলারের এই প্রকল্প উদ্বোধন আনুষ্ঠানিকভাবে উদ্বোধন করবেন।

টিনি বলেন, এসময় নিজস্ব গোপনীয়তা তেমন ছিলো এবং হোমওয়ার্ক সমাপ্ত করতে তাদের ভাই-বোনের অনেক বেগ পেতে হচ্ছে।

তিনি বলেন, এসময় নিজস্ব গোপনীয়তা তেমন ছিলো এবং হোমওয়ার্ক শেষ করার জন্য আমি তোর ৪টায় যুগ থেকে উট্টাম, আর এসময়টাই স্বত্ত্বা থাকতো শান্ত নীরব।

মিসেস ওবামা বলেন, আমি জিনি অনেকেই

হয়তো ঘরের পরিবেশে বিভিন্ন মধ্যে পড়ে যাও,

লেখাপড়ার কোন মানে আছে কি না ভাবো। এটা

মনে রাখবে এই স্কুল থেকে যে শিক্ষা পাচ্ছ, তা

তোমাদের সবগুলো স্বপ্ন পূরণে সাহায্য করবে।

টাওয়ার হ্যামলেটসের নতুন যোর, জন বিগস

বলেন, আমেরিকার ফাস্ট লেডি কর্তৃক বারার

অসাধারণ স্কুলগুলোর একটি পরিদর্শনে আসা

নিঃসন্দেহে অনন্য। বড় ধরনের উন্নয়ন কর্মসূচি

বাস্তবায়নের ফলে আমাদের স্কুলগুলো এখন

আর্জাতিকভাবে স্বীকৃত এবং কিছু কিছু ক্ষেত্রে

দেশের মধ্যে সেবা রেজিস্ট্রেশন করে রেখে

চলেছে। তিনি বলেন, বারার কিছু অন্যপ্রেরণীয়

তরুণ ব্যক্তিদের কাছে ফাস্ট লেডির সাথে এই

সাক্ষাত্ক স্বরূপ হয়ে থাকবে এবং তারা শিক্ষা

জীবন ও কর্মজীবনে আরো সাফল্য অর্জনে ফাস্ট

লেডির এই পরিদর্শনকে প্রোদ্ধনা হিসেবে কাজে

লাগবে।

মিসেস ওবামা তাঁর নিজের শৈশব নিয়ে কথা

বলেন। টাওয়ার হ্যামলেটসের মতো শিক্ষাপ্রে

ক্ষেত্রে কর্মসূচি পরিবারে তার জন্য ও বেড়ে

ওঠার কাহিনী শোনান। তাঁর বাবা ছিলেন পাস্প

চালক এবং মা গৃহিণী। তিনি ও তাঁর ভাই ছেট

একটি ঘরে গাদাগাদি করে থাকতেন এবং ছেট

সেই বাড়িতে আতীয় জরুরের আসা যাওয়া

পড়া, ট্রিপের সময় বাচ্চাদের নিরাপত্তার সাথে

আন-নেওয়া করা, স্কুল লাইব্রেরীতে সহযোগিতা

করা, আফটার-স্কুল ও ব্রেকফাস্ট ক্লাব

পরিচালনায় ভূমিকা রাখা।

গত ৯ জুন প্রেটোরেক্স স্ট্রিটের প্যারেন্টস

এডভাইস সেন্টারে ১১ সপ্তাহের কর্মশালার

গ্রেজুয়েশন প্রোগ্রাম অনুষ্ঠিত হয়। এসময়

অংশগ্রহণকারী অভিভাবকদের মধ্যে সার্টিফিকেট

বিতরণ করা হয়।

## Saddex nin oo laxukumay

## ka dib weerarkii THEOs

Three men sentenced for attacking THEOs – issue 1064

### SADDEX nin ayaa la xukumay ka dib markay weerareen Saraakiisha Tower Hamlets enforcement (THEOs) on a Mile End estate.

THEOs waxay taageerayeen Met Police on the Bancroft Estate estate Septembartii lasoo dhaafay, ka dib markii laga soo cawday koox qawleysato ah iyo edeb darooyin.

Waxa saraakiisha soo weeray koox niyan ah, Laba ka mid ah THEOs ayaa lasoo weeraray, laakiin saraakiishu waxay xidhnaayeen kamarad fiidyow, waxana u suurta gashay inay ururiyaan cadaymihii, taasoo

najitadii noqotay in xukunkii dembigaasi ka dhaco Stratford Magistrates Court.

Ali Anwar oo degan Colebert Avenue E1, da, diisuna tahay 23, iyo Mohib-ul-Alam Akanjee oo degan Aldersey Gardens Barking, da, diisuna tahay 24, ayaa waxa lagu eedeyey weerar iyo hanjabad ay kula kaceen THEOs, halka Ridwan Al-Jabir, oo degan Mantus Road E1, da, diisuna tahay 20 jir, lagu eedeyey weerarka labaad oo uu kula kacay sarkaal gabadh ah.

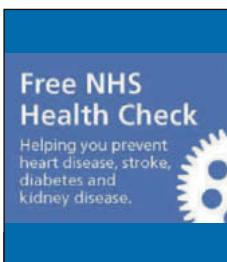
Trevor Kennett oo ah madaxa fulinta nabadgelyada bulshada, ayaa wuxu yidhi: "Saraakiishu waxay qabtaan shaqo adag, waxay degaanka kala kulmaan cadaadis badan." "Saraakiishu sharaf ayay mudan yihii, waxaanay ka bogsan ogiyihii siyaabaha sakkfata ও দক্ষতা অর্জন করেন।

কাজের স্কুলগুলোতে প্রকল্প বাস্তবায়ন করার প্রয়োজন হচ্ছে, স্কুলগুলোতে প্রাইমারী গার্লস স্কুল থেকে

আইমারী স্কুল, সেন্ট পিটার্স লন্ডন ডক্স প্রাইমারী স্কুল, মালবারি গার্লস স্কুল থেকে।

এই কর্মসূচির মূল লক্ষ্য হচ্ছে, স্কুলগুলোতে দায়িত্বশীল প্রাণ্বয়করদের সংখ্যা বাড়ানোর পাশাপাশি অভিভাবকদের দক্ষতা বাড়াতে সাহায্য করা, যাতে করে তারিয়েতে তাদের জন্য কর্মসংযোগের সুযোগ আরো সম্প্রসারিত হয়।

স্কুল রেজাল্যুনে হিসেবে তাদের দায়িত্ব হচ্ছে, শ্রেণীকক্ষে সহযো



## ফ্রি স্বাস্থ্য পরীক্ষা করিয়েছেন বারার ২৭ হাজার লোক

এনএইচএস স্বাস্থ্য পরীক্ষার হার এর দিক দিয়ে টাওয়ার হ্যামলেটস্ রাজধানী লন্ডন সহ সারা দেশের অনেক বারার তুলনায় এগিয়ে আছে। পাবলিক হেলথ ইল্যান্ড (পিএইচই) কর্তৃক প্রকাশিত পরিসংখ্যানে দেখা গেছে, গত ৫ বছরে বারার ২৭ হাজার মানুষ ফ্রি হেলথ চেক করেছেন। বিস্তারিত পড়ুন নিচে -

27,000 PEOPLE HAVE HAD THEIR NHS HEALTH CHECK

## Harmony

# টাওয়ার হ্যামলেটসের ২৭ হাজার লোক ফ্রি স্বাস্থ্য পরীক্ষা করিয়েছেন

27,000 people have had their NHS health check – page 11

এনএইচএস হেলথ চেক, অর্থাৎ স্বাস্থ্য পরীক্ষার হার এর দিক দিয়ে টাওয়ার হ্যামলেটস্ রাজধানী লন্ডন সহ সারা দেশের অনেক বারার তুলনায় এগিয়ে আছে।

গত সপ্তাহে পাবলিক হেলথ ইল্যান্ড (পিএইচই) কর্তৃক প্রকাশিত এক পরিসংখ্যানে এই তথ্য জানানো হয়।

পরিসংখ্যানে দেখা গেছে, গত ৫ বছরে টাওয়ার হ্যামলেটস্ বারার ২৭ হাজার মানুষ ফ্রি হেলথ চেক করেছেন। গত ১৮ মাসে ৮,৫০০ জনেরও বেশি লোক এই স্বাস্থ্য পরীক্ষা করেন বলেন প্রকাশিত তথ্যে জানা গেছে।

টাওয়ার হ্যামলেটস্ কাউন্সিলের ডিরেক্টর অব পাবলিক হেলথ, ডাঃ সোমেন ব্যানার্জি বলেন, ৪০ থেকে ৭৪ বছর বয়সীদের জন্য এনএইচএস হেলথ চেক সার্ভিস বিনামূল্যে পাওয়া যায়। নিজেদের স্বাস্থ্যের উন্নতি ও নিরোগ থাকার ক্ষেত্রে এই স্বাস্থ্যপ্রীক্ষা খুবই গুরুত্বপূর্ণ একটি পদক্ষেপ।

তিনি বলেন, জীবন যাপন প্রাণী পরিবর্তন

করে সুস্থান্ময় জীবন নিশ্চিত করতে স্থানীয় বাসিন্দারা যাতে প্রয়োজনীয় স্বাস্থ্য সেবা ও সহায়তা পান, তা নিশ্চিত করতে আমরা আধারিক পরিচয় এবং কমিউনিটি সংগঠনগুলোর সাথে অত্যন্ত স্বান্নিষ্ঠভাবে কাজ করছি।

হেলথ চেক এর অধিকাংশই জিপি প্র্যাক্টিসে করা হয়। এই স্বাস্থ্য পরীক্ষার মধ্যে রয়েছে অতি সাধারণ কিছু টেষ্ট এবং গুরুতর বিস্তৃত প্রয়োজনীয় কিছু কভিশন, যেমন হৃদরোগ, স্ট্রেক, কিডনি, টাইপ ২ ডায়াবেটিস, কিছু কিছু ক্যাস্পার ও ডিমেন্সিয়া (স্মৃতিভঙ্গ) চিহ্নিত করতে কিছু প্রশ্ন করা হয়। চিকিৎসার বাইরে থেকে যাওয়া, যা পরবর্তীতে গুরুতর স্বাস্থ্য সমস্যা হিসেবে দেখা দিতে পারে, এমনতর স্বাস্থ্যপূর্ণ মোকাবেলায় এই হেলথ চেক কর্মসূচি হচ্ছে।

প্রাথমিক পর্যায়ে যদি লোকজন তাদের লাইফস্টাইল বা জীবন যাপনে পরিবর্তন আনে, তাহলে অনেক রোগের হাত থেকে রেহাই পাওয়া যায়। এই পরীক্ষার সময় তাদেরকে এ ব্যাপারে

অনুপ্রাণিত করার পাশাপাশি কিভাবে হেলদি থাকতে হবে, অথবা কুকি এড়ানো যাবে, সেসম্পর্কে পরামর্শ দেয়া হয়।

এনএইচএস টাওয়ার হ্যামলেটস্ ক্লিনিক্যাল কমিশনিং ফাফ (সিসিজি) এর চেয়ার এবং জিপি স্যার সাম এভারিটন বলেন, সবাই যেন ফিট ও হেলদি থাকেন, তা নিশ্চিত করতে আমরা কাউন্সিলের সাথে মিলে কাজ করে যাচ্ছি। যারা ফ্রি হেলথ চেক এর জন্য চিঠি পেয়েছেন, তাদেরকে স্বাস্থ্য পরীক্ষা করার জন্য আমরা অনুরোধ জানাচ্ছি। তিনি বলেন, চিকিৎসার চেয়ে আগম প্রতিরোধ অনেক ভালো। গুরুতর স্বাস্থ্য বুঁকি এডাতে কি করা দরকার সেসম্পর্কে স্বার্থকে সহায়তা ও নির্দেশনা দেয়া হয়।

যাদের বয়স ৪০ থেকে ৭৪, তাদেরকে এই

স্বাস্থ্য পরীক্ষার জন্য আহ্বান করা হয়। যদি আপনি এই বয়স সীমার মধ্যে পড়ে থাকেন এবং কোন চিঠি না পেয়ে থাকেন, তাহলে আজই আপনার জিপির সাথে কথা বলুন।

## একতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944



Munsur Ali from Limelight, actress Zoe Weldon, Cllr Shiria Khatun and Mayor of Tower Hamlets John Biggs at the awards ceremony

## John Grey's film Maybe wins Limelight award

স্বল্পদৈর্ঘ্য চলচ্চিত্র উৎসব অষ্টম লাইমলাইট ফিল্ম এওয়ার্ড ১৫ জুন সোমবার পূর্ব লন্ডনের ট্রুক্স হলে অনুষ্ঠিত হয়। ৫ শতাধিক নির্মাতা, মিডিয়া ব্যক্তিত্ব, চলচ্চিত্র শিল্পের সাথে জড়িত পেশাজীবি এই অনুষ্ঠানে যোগ দেন। এ বছর ফিল্ম অব দ্যা নাইট এওয়ার্ড জিতেছে জন প্রে পরিচালিত শর্ট ফিল্ম 'মেবি'। সদয় নির্বাচিত মেয়ের জন পিগস বিজয়ীর হাতে ১০ হাজার পাউডের চেক তুলে দেন। ছবিতে বাঁ থেকে লাইমলাইট ফিল্ম এওয়ার্ডের সিইও মনসুর আলী, বিজয়ী অভিনেত্রী জো ওয়েলন, কাউন্সিলর শিরিয়া খাতুন ও মেয়ের জন পিগসকে দেখা যাচ্ছে।



Ambassador Matthew Barzun addresses students

## সেন্ট পোলস্ ওয়ে স্কুলে বক্তব্য রাখলেন মার্কিন রাষ্ট্রদূত

US Ambassador visits St Paul's Way Trust School – page 6

যুক্তরাজ্যে নিযুক্ত মার্কিন যুক্তরাষ্ট্রের এম্বেসেডর ম্যাথিউ বারজন গত ৮ জুন টাওয়ার হ্যামলেটস্ বারার সেন্ট পলস্ ওয়ে ট্রাস্ট সিল্লাখ ফর্ম পরিদর্শন করেন। এসময় তিনি আমেরিকা সম্পর্কে শিক্ষার্থীরা যাতে তাদের মধ্যকার ইতিবাচক ও নেতৃত্বাচক মনোভাব সম্পর্কে সঠিক ধারণা পেতে সক্ষম হয়, সেব্যাপারে প্রাপ্তব্য একটি উপগ্রহণ তুলে ধরেন।

আমেরিকান রাষ্ট্রদূত শিক্ষার্থীদের বিভিন্ন ধরনের প্রয়োগে উত্তর দেন। প্রশ্নগুলোর মধ্যে যেমন ছিলো আন্তর্জাতিক রাজনীতিতে যুক্তরাষ্ট্রে

ভূমিকা, আঞ্চেলিক ব্যবহার করে অপরাধ এবং আমেরিকার স্বপ্ন ইত্যাদি।

ইয়ার ১৩ এর ছাত্রী সাহারা বোতান আমেরিকান একাডেমিসের এর আলোচনাকে “খুবই আকুলনীয়” বলে আঞ্চায়িত করে বলেন, কিছু বিতর্কিত ইস্যু নিয়ে করা প্রয়োগের জবাব তিনি যেতে দেখেছেন, তা ছিলো খুবই খোলামেলা এবং আমরা যা বলাই তা তিনি স্থিরান্বিত করে নেন।

শিক্ষা জীবনের প্রতি অঙ্গীকার এবং শিক্ষা ক্ষেত্রে বিশেষ সাফল্য লাভ করার স্বীকৃতি স্বরূপ ইয়ার ১৩ এর দুই শিক্ষার্থী নাইমা ফারাহ এবং

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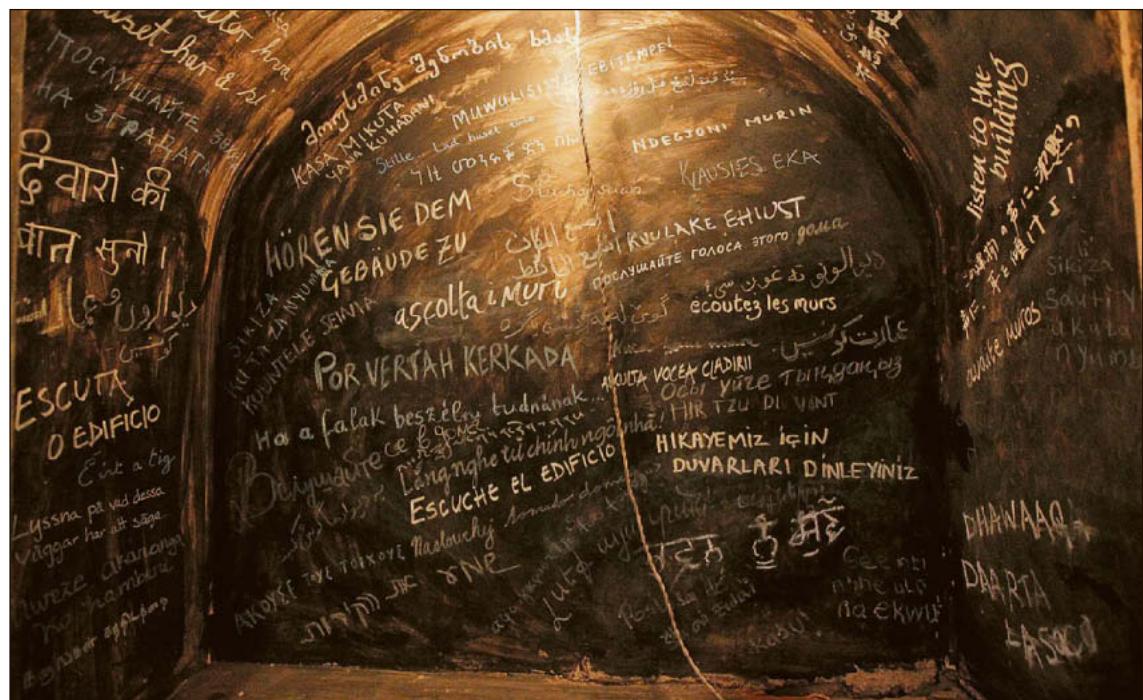
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Part of the Ariana Group

# Asylum and immigration were in the news for positive reasons last week, as a UK Refugee Week. To mark the event, the Museum of Immigration and Diversity in Sp



Visitors have written their thoughts on this wall



The 'hidden' Victorian synagogue



Exhibits tell the story of Irish refugees



Chair of trustees  
Susie Symes

Right: the  
entrance to  
the museum

# Pupils grant one of the b

**REFUGEE Week celebrates the contribution of refugees to the UK and promotes better understanding of why people seek sanctuary.**

In Tower Hamlets, there was particular focus on 19 Princelet Street, Spitalfields – the Grade II\* Listed building which houses a European first – the Museum of Immigration and Diversity.

Public openings of the museum are rare – the building, although beautiful, is fragile and falling down in parts.

On East End Life's visit, a group of year nine students were learning about the diversity of refugee communities that have lived in and helped build and shape the history of the borough, from Huguenots to Jewish, Irish, Polish, Bangladeshi, Caribbean and Somali settlers.

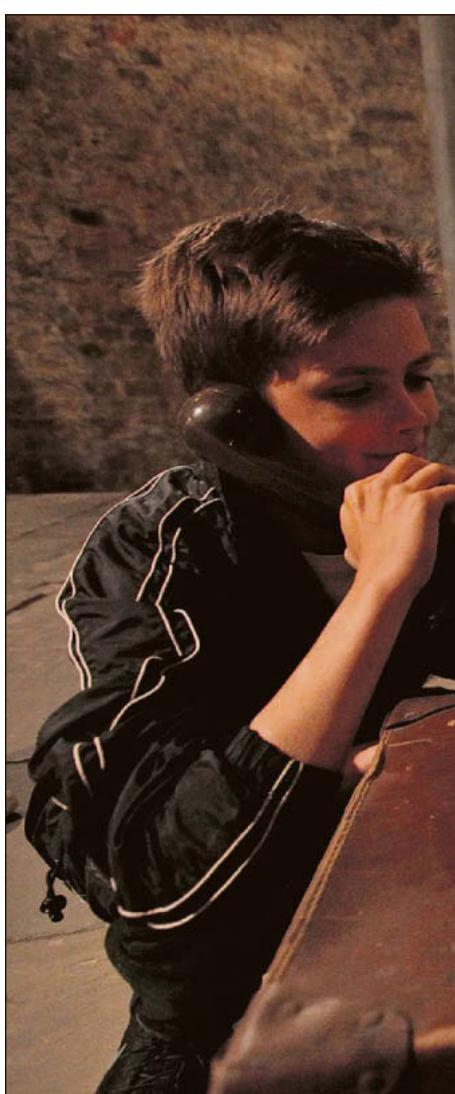
Two exhibitions – Suitcases and Sanctuary and Leave to Remain – created by nine- and ten-year-old pupils at Harry Gosling, St Paul's, Christchurch, Hague, English Martyrs and Kobi Nazrul primary schools – provide much food for thought.

Artists, poets and actors worked with the children to create what chair of trustees Susie Symes describes as the only museum created by children for adults.

The building was a private house for many years and was built by the refugee Huguenot Peter Abraham Ogier, one of around 50,000 Protestants who fled persecution in France.

As visitors enter the former silk merchant's home they step into another world. There is an exhibition space and a hidden Victorian synagogue, where visitors encounter diaries, poems, letters, sound scopes and objects depicting the stories of migrants, from fleeing war to missing home comforts.

Some of the first meetings of the anti-fascist groups which took part in the Battle of Cable Street were held at the house and details can be seen inside the museum.



Pupils from Forest School listen to refugee

Ms Symes explained that migration is not a new story and that UK society has been shaped by its past as a country of settlement.

"I think of London as a bit of tapestry with common threads running through it," she said.

Ms Symes said 19 Princelet Street highlights centuries of human stories, our shared humanity through the story of migration.



**A nationwide programme of arts, cultural and educational events were held to celebrate the 50th anniversary of independence. Capitalfields opened its doors to visitors. Jessica Odubayo reports. Photos by Kois Miah.**

ted a rare glimpse inside  
borough's best kept secrets



es' tales

"Nobody would be where they are now without migration," she told visitors.

"Some of the greatest companies were set up by refugees. The first governor of the Bank of England was a Huguenot. Spitalfields silk was invented by Huguenots and Irish immigrants set up many social enterprises and free schools."

Ms Symes told students that the gifts.

awareness and flexibility that migration has brought helped make London a great place

The building is being preserved by the work of charity The Spitalfields Centre. The group has more than 300 volunteers from a variety of backgrounds, whose ages range from six to 94.

The charity is working to preserve 19 Princelet Street and to create a permanent

exhibition and educational resource telling the stories of the people who arrived in east London and helped create our society.

In a bid to carry out repair work, the charity is seeking financial support from the Heritage Lottery Fund.

For more information or to get involved by becoming a friend of the museum, visit [www.19princeletstreet.org.uk](http://www.19princeletstreet.org.uk)



Left and right:  
Some of the  
exhibits from  
Suitcases and  
Sanctuary, and  
Leave to Remain



# Charting milestones

Bobby Baker has charted her experience of mental illness, family life, work and breast cancer recovery through art.

SEE BELOW

# Keeping traditions alive

Since 2006 Turquoise Mountain has tried to help revive Afghanistan's traditional crafts, and to regenerate Murad Khani, a historic area of Kabul's old city known for its cultural heritage.

SEE BELOW

## Out & about guide

### What's on where this week

#### Social

##### 3 Bees Café

Healthy vegetarian and fish dish, served for just £3, takeaways available. Tuesdays, 4-8pm. Kingsley Hall Community Centre, Powis Road, E3. 07501 468 193

##### Bingo

Mons 6.45-9pm. Tredegar Community Centre, 333 Morville Street, E3. 07884 168176

##### Globe Town bingo club

Pensioners group with bingo and social activities. Thursdays, doors open 12pm. Bingo 2-4pm. Globe Town Community Centre, Bullards Place, E2. 07939 965141

##### Golden Ladies

Pensioners group for bingo and social. Weds, 2-4pm. Isle of Dogs Bowls Club, Millwall Park, E14. 7987 6824

##### Little Spitz' under-5s playgroup

Weds, 10am-12pm, 50p. Tours and stories. Spitalfields City Farm, Buxton Street, E1. 7247 8762

##### Tower Hamlets U3A

Tower Hamlets University of the Third Age offer courses for over-50s to learn T'ai Chi, jazz appreciation, art appreciation, history walking and more. £10 yearly membership. Various days and times. St Margaret's House Settlement, 21 Old Ford Road, E2. 7247 4283



#### Kites from Kabul

A display of kites made by children in Murad Khani, the Old City of Kabul. Developed with the charity Turquoise Mountain, which works in Afghanistan, it runs from Sat, July 4 until Jan 3, 2016. The rich heritage of kite flying will be brought to life with photographs by Andrew Quilty, and there will also be a video by Lalage Snow, giving a glimpse into the lives of children in the Old City. Daily from 10am-5.45pm. Free.

V&A Museum of Childhood, Cambridge Heath Road, Bethnal Green, E2. [www.vam.ac.uk/moc](http://www.vam.ac.uk/moc)

#### Events

##### Dancing City

The parks and open spaces of Canary Wharf will host everything from the New Zealand Haka to parkour. Includes Etta Ermini Dance Theatre and Rosie Kay Dance Company. Until Sat, Jul 4. Free. [www.festival.org](http://www.festival.org)

##### Marie Curie Presents...

Music showcase features Of Empires, Equals, Ashà and Joseph Lawrence. Thurs, Jul 2, 7pm. £6 in advance. The George Tavern, 373 Commercial Road, E1. [www.thegeorgetavern.co.uk](http://www.thegeorgetavern.co.uk)

#### Exhibitions

##### Donald Urquhart: 1978

New black ink drawings by the Scottish artist recall disco culture and 'The Beautiful Bend' of 1978. Until Sun, Jul 12. Free. Maureen Paley, 21 Herald Street, Bethnal Green, E2. 7729 4112 [www.maureenpaley.com](http://www.maureenpaley.com)

##### Christina Broom: Soldiers and Suffragettes

Considered the first female press photographer, Christina Broom took to the Edwardian London streets documenting daily routines and notable events. Includes previously unseen photographs. Daily 10am-6pm until Sun, Nov 1. Museum of London Docklands, E14. [www.museumoflondon.org.uk](http://www.museumoflondon.org.uk)

##### George Shaw: The Last Days of Belief

Social realist paintings which capture

municipal landscapes from the artist's youth. Until Sun, Jul 12. Weds-Sat, 11am-6pm, Sun 12-6pm. Wilkinson Gallery, 50-58 Vyner Street, E2. [www.wilkinsongallery.com](http://www.wilkinsongallery.com)

##### Homes of the Homeless: Seeking Shelter in Victorian London

Painting, photographs and objects tell the story of poor people in London. With events and talks. Until Jul 12. £5, £3 concs. Geffrye Museum, 136 Kingsland Road, E2. 7739 9893

##### Hidden Identities

Photographs by Yvonne De Rosa of families living in adverse conditions in Bosnia and Romania. Until Jun 28. V&A Museum of Childhood, Cambridge Heath Road, E2. 8983 5200

##### Barbara T Smith: The Poetry Sets

Second installment of Columbidae curated focuses on the American artist's Xerox works from 1965-66. Until Sun, Jul 5. Thurs-Sun, 12-6pm. Free. Cell Project Space, 258 Cambridge Heath Road, Bethnal Green, E2. 7241 3600

##### Mental Illness and Me

Drawings by artist Bobby Baker chart her experience of mental illness, family life, work and breast cancer. Until Sun, Jul 19. Open during GP surgery hours. The Bromley by Bow Centre, Saint Leonard's Street, Bromley by Bow, E3. 8709 9700 [www.bbcb.org.uk](http://www.bbcb.org.uk)

## Programme Manager

Salary: £37,000 - £40,000, depending on experience

Hours: 37.5 hours per week

Contract: Permanent - subject to funding (reviewed yearly)

We are seeking to appoint an experienced and dynamic Programme Manager to lead the Health Programme for adults and children. Looking for someone with experience of leading and delivering successful projects and services in complex, fluid environments.

You will have a track record of building and developing high performing teams and identifying business opportunities for growth. You will be credible and authoritative with senior stakeholders within the health and sports sectors. Pro-active and visionary, you will have a proven track-record of excellent strategic, financial, operational, human and capital resource management. As the Programme Manager you will be a critical member of our senior management team, representing Osmani Trust's values and brand and demonstrating strong cross-organisational collaboration.

This is an outstanding opportunity for a progressive individual who relishes challenges and wants to be at the forefront of Osmani Trust's future success.

The successful candidate will be subject to an enhanced DBS and satisfactory reference checks.

For further details of the role and to apply, please visit the vacancies page of our website [www.osmanitrust.org](http://www.osmanitrust.org)

Tower Hamlets, London



Closing date:  
5pm Thurs 9th July 2015

Interviews will be held on week beginning 13th July 2015

Should you have any further questions or queries then please do not hesitate to contact Goyas Miah or Shafiqur Rahman T: 020 7247 8080 [goyas.miah@osmanitrust.org](mailto:goyas.miah@osmanitrust.org)

## Summer Education Supplement 2015

East End Life is publishing its summer education supplement on 17 August

This is a fantastic opportunity for all educational establishments, tuition services and training organisations to advertise their services to local residents, prior to the GCSE and A-Level results coming out. Advertisers will also get 500 words of editorial included in the price.

Booking deadline is Friday 10th July  
Artwork submission deadline is Friday 17th July

For enquiries and bookings please call

Sharan 020 7364 4061 • Christine 020 7364 4994  
Terri 020 7364 4682 • Fatima 020 7364 4623



## Hands-on events for all the family

The Whitechapel Gallery was founded in 1901 and exhibits the work of contemporary artists, as well as organising exhibitions and shows that are of interest to the community.

[WWW.WHITECHAPELGALLERY.ORG](http://WWW.WHITECHAPELGALLERY.ORG)

## Summer in the city

Greenwich+Docklands International Festival features extraordinary outdoor events including theatre and dance.

SEE BELOW

## Out & About

The hunt is on for festival performers

**BLOOM – a festival for local performers – will take place in the covered garden at the top of the Crossrail station in Canary Wharf.**

It will be split into two halves, opening and closing the summer programme.

Early Bloom took place on May 16 and 17 with performances from Embrace dance, the Isle of Dogs Community Choir and George Green's School, among others.

The Late Bloom Festival will take place on August 22 and 23.

The hunt is on for Tower Hamlets based music, dance, spoken word and theatre performers to fill the festival. Performances can be any length. Rehearsal time in the venue will be available and support will be provided by festival staff.

There will be rehearsal slots available in the fortnight leading up to the festival which will give co-ordinators a chance to give feedback and support.

There will be rehearsal sessions on August 15 and 16 which will be opportunities to meet and connect with other performers taking part.

All tickets will be free.

For more information, or to register your interest in taking part, email [info@space.org.uk](mailto:info@space.org.uk) or call 7515 7799.

## Examining relationships

**ROMAN Road presents Bleach, a solo exhibition of recent works by May Hands.**

The exhibition examines the relationship between materials and consumerism.

Objects are sourced from daily environments to create new material and experiences.

The exhibition is open Wednesday to Saturday, 11am-7pm, until Saturday, Aug 1.

Roman Road is at 69 Roman Road, E2.

Visit [www.romanroad.com](http://www.romanroad.com)



THE Whitechapel Gallery has invited Brazilian artist Rivane Neuenschwander to make a work of art for the annual Children's Commission. The new work, titled *The Name of Fear*, explores childhood fears ranging from spiders and heights to talking trees and electric ghosts.

Featuring handmade capes, the commission combines elements of drawing, textiles, design, performance and writing.

Neuenschwander will take part in an 'In Conversation' event at the gallery on Thursday, July 16, at 7pm with writer Anouchka Grose. And there is a

free family day on Saturday, July 25, from 12-4pm, with artist Laura X Carle and students from London Metropolitan University.

The free exhibition runs until August 30, and is open Tuesday to Sunday, 11am-6pm, Thursdays 11am-9pm. Visit [whitechapelgallery.org](http://whitechapelgallery.org)

## The great outdoors

BY JESSICA ODUBAYO

**TEN days of outdoor arts – including street theatre, dance and acrobatics – are set to entertain audiences across east London and on the south side of the river as part of this year's Greenwich and Docklands Festival.**

The festival runs from June 26 until July 5 and features free events for people of all ages.

On June 27, Bethnal Green Gardens will host *451*, a spectacular, immersive performance which depicts a society where reading is forbidden and firemen are employed to burn books (451 degrees Fahrenheit is the temperature at which paper burns).

The London premiere is inspired by the classic novel *Fahrenheit 451*, by Ray Bradbury, and will feature moving structures and pyrotechnics. The performance starts at 10pm.

Festival audiences are invited to journey across the parks, piazzas, open spaces and waterfronts of Canary Wharf between June 29 and July 4, for *Dancing City*, a series of outdoor dance performances.

The extravaganza will offer bite-sized al fresco treats from UK and international dance companies.



Outdoor dance performances will take place at Canary Wharf

Encounter everything from the mesmerising footwork of New Zealand **Maori Haka**, to fluid and fearless **parkour** as well as nostalgic 1950s tap and powerful contemporary dance.

Festival events are also being held at Queen Elizabeth Olympic Park and various venues in Greenwich.

All performances are free. The festival offers BSL, captioning and audio description services at a number of performances, in addition to step-free access to shows and accessible toilets on site.

For further information on the festival or a full programme of events visit [www.festival.org](http://www.festival.org)

## News in brief

### £12,000 prize for the Perfect Pitch

PERFECT Pitch and Theatre Royal Stratford East are joining forces to present the 2015/16 Perfect Pitch Award for Musical Theatre Writing.

The project will see a new British writing team awarded £12,000 and the opportunity to collaborate on a new musical.

Writers from across the UK can apply as individuals to take part, and successful candidates will be paired up with a collaborator to work on a ten-minute pitch of a new musical.

Their pitch will be then presented in rehearsed reading format before a panel of industry judges at St James's Theatre on February 5, 2016.

The winning team will then be tasked with writing a full draft of a new show, with a view to having the piece presented in a professional staged reading or production.

The final date for applications is Monday, July 20.

For more information visit [www.perfectpitchmusicals.com/award](http://www.perfectpitchmusicals.com/award) or [www.stratfordeast.com/perfect-pitch](http://www.stratfordeast.com/perfect-pitch)

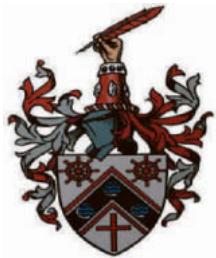
## Let's talk business

**MIND The Gap** is three days of talks, workshops and events offering insights and tips for anyone forging a career in feature films.

Curated by Rachael Castell, head of industry at East End Film Festival, the event runs from Monday, June 29 to Wednesday, July 1 at Genesis Cinema and 3 Mills Studio. It will introduce producers, directors and writers to the business side of making films; from how to write a successful funding application to advice on developing a unique voice in British cinema and making it commercially viable.

Mind the Gap's panel discussions, interviews, workshops, studio tour and networking events can help filmmakers carve out a career in this competitive industry.

A three-day pass costs £150 and day passes cost £44. Visit [www.eastendfilmfestival.com/industry-programme-2015](http://www.eastendfilmfestival.com/industry-programme-2015)



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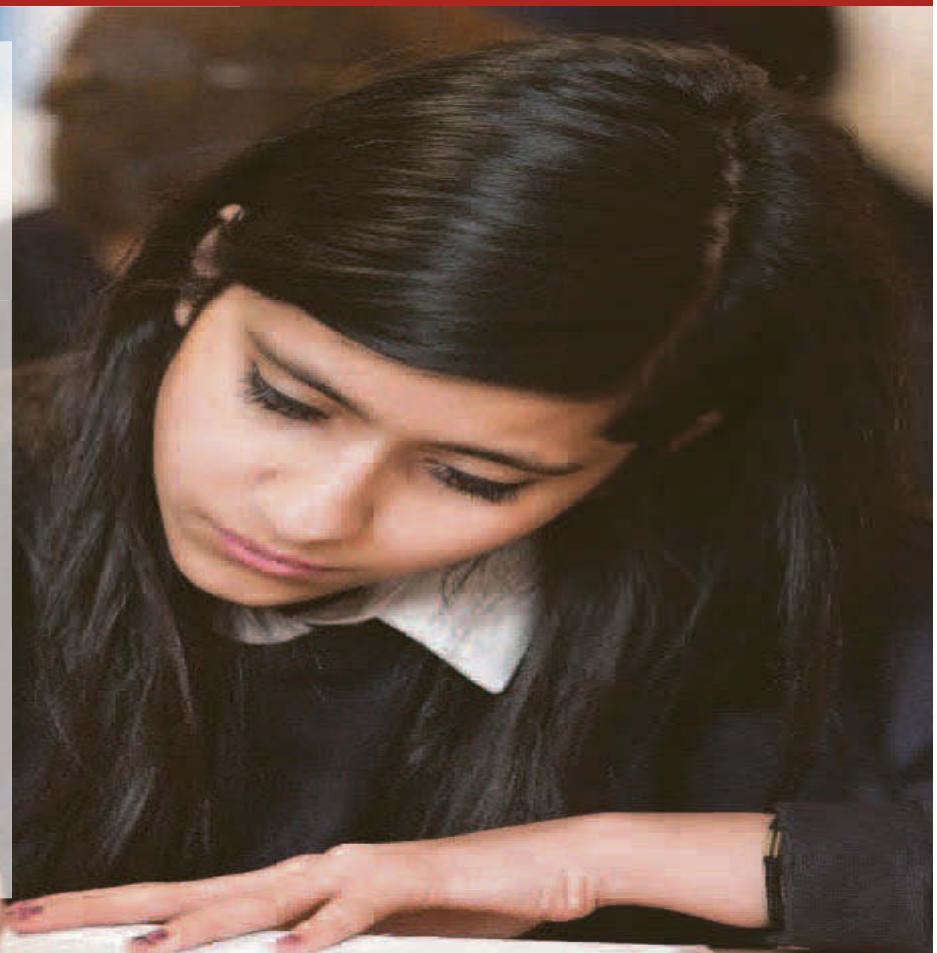
Wednesday 24th June

**July 2015**

Wednesday 1st July

Wednesday 15th July

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### Eating out, eating in

# Beagle's fresh fare is about as good as it gets

BY AVARICIOUS ARCHIE

**AS the storm clouds gather ominously, I make a quick dash into Beagle restaurant, behind the Geffrye Museum.**

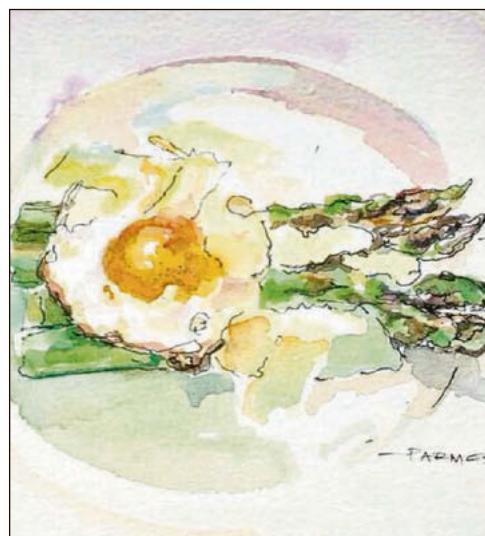
Technically just outside of Tower Hamlets, Beagle is staffed by creative, knowledgeable and passionate chefs, serving wholesome and hearty dishes with an accent on flavour.

On this particular day, my companion, who is of an artistic bent, fancied producing drawings of the food on offer.

Wanting to give himself something pretty to sketch, he plumped for grilled asparagus with fried egg and parmesan shavings followed by skate with Iberico tomatoes. I decided upon rustic-sounding lentils with meatballs.

The service was exemplary with both the kitchen and front-of-house staff seamlessly managing the unusual situation of a diner who wants to draw the food before eating it.

This requires excellent time management and bodes well for



My companion had grilled asparagus and fried egg followed by skate with Iberico tomatoes

how they would deal with more run-of-the-mill situations in my humble opinion.

The artist's starter arrived promptly and, even after the time it took to draw, was pronounced a success with the freshness of the ingredients self-evident.

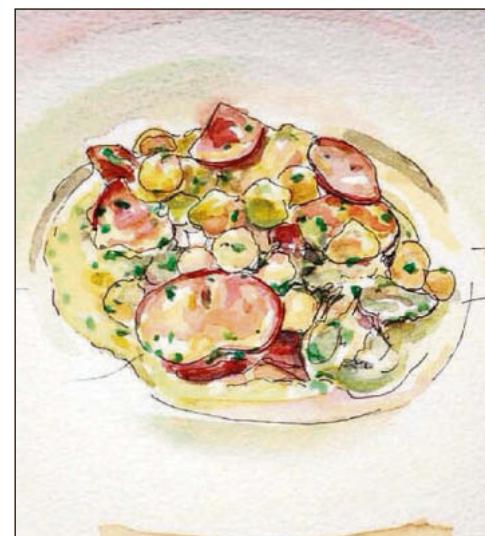
Our main courses saw fresh, seasonal produce come to the fore. I have been fortunate to have experienced some pretty high end establishments in my

time and I would say the food at Beagle is right up there.

A simple dish of lentils with meatballs was turned in to a truly memorable experience. Everything served a purpose and was well-seasoned with a deep rich sauce to die for.

My artistic lunch pest was equally effervescent about his skate, cooked to melt-in-your-mouth perfection and a real taste of the sea.

A return visit is on the cards



very soon. Beagle has a changing menu, taking into account seasonal variations in produce.

It is not cheap – lunch was just under £50, including drinks.

But it is a great place to dine during the week and at weekends. They have live jazz on a Sunday evening, when only snacks are available.

■ **Beagle is at 397-400 Geffrye Street, E2. Tel: 7613 2967**

## Cordial invitation to brew your own

**STEPNEY City Farm constantly surprises. One such surprise was having an unpromising pile of muddy roots dropped onto my kitchen counter.**

What else can you do when dandelion and burdock drop into your lap than make a cordial?

After much experimenting, this is the recipe we stick with at the farm.

Far from traditional, but definitely delicious, it's the perfect thirst quencher this summer.



### Dandelion and burdock – serves 4

#### Ingredients

|                      |                            |
|----------------------|----------------------------|
| 2 litres of water    | 1 nutmeg (grated)          |
| 55g dandelion root   | Zest of a lemon            |
| 75g burdock root     | 1 thumb of ginger, chopped |
| 5 star anise         | 20g citric acid            |
| 2 sticks of cinnamon | 500g light brown sugar     |

#### Method

1. This recipe could not be simpler! Take all of your ingredients and place in a large, heavy-based pan.
2. On a low heat, dissolve the sugar. Once dissolved turn up the heat slightly and bring to a simmer.
3. Cook at a gentle simmer for around an hour, letting all the ingredients get to know each other. Take off the heat and leave to cool.
4. Simply strain and there you have it – your very own cordial. Dilute to taste and serve over ice.

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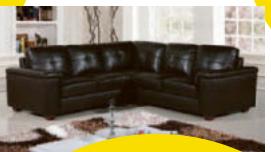
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24

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

22 – 28 JUNE 2015



## Make a difference

You can make a difference in your neighbourhood, gain new skills and experience, meet new people, get fitter, feel better and improve your local environment by volunteering.

SEE BELOW

## 25 years of SHA

Spitalfields Housing Association was founded in 1979 in response to poor housing conditions in the area.

[WWW.SPITALFIELDSHA.CO.UK](http://WWW.SPITALFIELDSHA.CO.UK)

## Property

# Sprucing up Tobacco Dock

BY STEFAN SWIFT

### A HUNDRED volunteers from CitiBank joined residents to help clean Tobacco Dock in Wapping on Saturday, June 13.

It was the first phase of the council's Wapping Ornamental Canal enhancement project.

The volunteers helped clean the dock area, making improvements including painting, clearing litter and constructing nesting platforms, bird and bat boxes.

The changes are being made to improve the space and enrich the area, attracting new wildlife and encouraging residents and visitors to take in the delights of their neighbourhood.

The project follows consultation with residents and the council's clean and green team.

The day was led by council officers with help from Bow Landscapes and volunteers.

The council is always seeking enthusiastic individuals to volunteer to make their area better. You can make a difference in your neighbourhood, gain new skills and experience, meet new people, get fitter, feel better and improve your local environment by volunteering.

Planting and gardening, painting out graffiti, litter picking, creating gardens out of waste grounds or maintenance are just some of the jobs that need doing in the community.

All equipment including gloves and tools will be supplied.

To find out more about cleaner, greener volunteering call 7364 6696 or email [cgv@towerhamlets.gov.uk](mailto:cgv@towerhamlets.gov.uk)



Volunteers from CitiBank joined residents to paint, clear litter and construct nesting platforms and boxes at Tobacco Dock in Wapping

## News in brief

### Share your stories

As part of celebrations to mark its 25th anniversary, Spitalfields Housing Association is planning to produce a special copy of its annual report.

The housing association is inviting residents to tell their stories. It is also looking for an aspiring journalist to help create the report and particularly welcomes enquiries from those who live in Spitalfields.

Email Carole Gordon at [carole@spitalfieldsha.co.uk](mailto:carole@spitalfieldsha.co.uk)

### New head of THH



TOWER Hamlets Homes (THH), which provides housing services to residents in 22,000 council properties, has appointed a new chief executive.

Susmita Sen (above) will join the organisation from Network Housing Group where she is responsible for the management and maintenance of 9,500 homes in west London.

Ms Sen has previously been chief executive of Ealing Homes and interim chief executive of Hackney Homes. She succeeds Gavin Cansfield who left to become chief executive of North Hertfordshire Homes.



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|---|---|---|--|--|
|  <p><b>SHELTERED</b><br/>Accessible Category E<br/><b>LAWRENCE CLOSE, E3</b></p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted</p> <p>Eligibility : Min Client Age 60</p> <p>£177.87, Weekly - Social Rent<br/>Landlord: Gateway Housing Association</p> <p>Property Ref: 32626</p>          |  <p><b>OVER 50's</b><br/>Accessible Category D<br/><b>BENTWORTH COURT, GRANBY STREET, E2</b></p> <p>Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Heating &amp; hot water included in charges</p> <p>Eligibility : Min Client Age 50</p> <p>£125.54, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32588</p> |  <p><b>BEDSIT SELF-CONTAINED FLAT</b><br/>Accessible Category F<br/><b>GALVESTON HOUSE, HARFORD STREET, E1</b></p> <p>Flat • 0 Bed 1 Person • 5th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>Eligibility : Band 3</p> <p>£99.00, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32600</p>                  |  <p><b>BEDSIT SELF-CONTAINED FLAT</b><br/>Accessible Category F<br/><b>BUTLER HOUSE, BURDETTE ROAD, E14</b></p> <p>Flat • 0 Bed 1 Person • 7th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Lift to 5th floor only</p> <p>Eligibility : Band 3</p> <p>£99.79, Weekly - Social Rent<br/>Landlord: Poplar HARCA</p> <p>Property Ref: 32602</p> |  <p><b>1 BEDROOM</b><br/>Accessible Category F<br/><b>PARFETT STREET, E1</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted</p> <p>£115.10, Weekly - Social Rent<br/>Landlord: Gateway Housing Association</p> <p>Property Ref: 32661</p>   |
|  <p><b>1 BEDROOM</b><br/>Accessible Category F<br/><b>JAMES HOUSE, SOLEBAY STREET, E1</b></p> <p>Flat • 1 Bed 2 Person • 5th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£111.31, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32593</p>                                      |  <p><b>1 BEDROOM</b><br/>Accessible Category D<br/><b>MERCER COURT, CANDLE STREET, E1</b></p> <p>Flat • 1 Bed 2 Person • 3rd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Residents parking scheme • Pets not permitted • Parking subject to availability &amp; cost</p> <p>£129.73, Weekly - Social Rent<br/>Landlord: East Thames Group</p> <p>Property Ref: 32665</p>              |  <p><b>1 BEDROOM</b><br/>Accessible Category F<br/><b>HANBURY HOUSE, HANBURY STREET, E1</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets permitted</p> <p>£126.81, Weekly - Social Rent<br/>Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32622</p>   |  <p><b>1 BEDROOM</b><br/>Accessible Category F<br/><b>KINGWARD HOUSE, HANBURY STREET, E1</b></p> <p>Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£113.61, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32628</p>   |  <p><b>1 BEDROOM</b><br/>Accessible Category D<br/><b>KILDARE WALK, E14</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Wet room (walk in shower) - no bath • GCH • No garden • Permit parking • Pets with landlords permission • Ramp to front door • One week's advance rent required at sign up of tenancy</p> <p>£127.68, Weekly - Social Rent<br/>Landlord: Poplar HARCA</p> <p>Property Ref: 32633</p>   |
|  <p><b>1 BEDROOM</b><br/>Accessible Category G<br/><b>JAVA COURT, WAPPING HIGH STREET, E1W</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Shared garden • Residents parking scheme • Pets not permitted</p> <p>£124.50, Weekly - Social Rent<br/>Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32596</p>         |  <p><b>1 BEDROOM</b><br/>Accessible Category F<br/><b>ANNIE BESANT CLOSE, E3</b></p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£127.34, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32592</p>  |  <p><b>1 BEDROOM</b><br/>Accessible Category F<br/><b>BISCOTT HOUSE, DEVAS STREET, E3</b></p> <p>Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy</p> <p>£125.55, Weekly - Social Rent<br/>Landlord: Poplar HARCA</p> <p>Property Ref: 32595</p> |  <p><b>1 BEDROOM</b><br/>Accessible Category C<br/><b>BARBER COURT, VIOLET ROAD, E3</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy</p> <p>£145.33, Weekly - Social Rent<br/>Landlord: Peabody</p> <p>Property Ref: 32605</p>                              |  <p><b>1 BEDROOM</b><br/>Accessible Category C<br/><b>BARBER COURT, VIOLET ROAD, E3</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy</p> <p>£145.91, Weekly - Social Rent<br/>Landlord: Peabody</p> <p>Property Ref: 32632</p>  |
|  <p><b>1 BEDROOM</b><br/>Accessible Category F<br/><b>CAMPBELL ROAD, E3</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted • Heating &amp; hot water included in charges</p> <p>£129.41, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32629</p>                  |  <p><b>2 BEDROOMS</b><br/>Accessible Category F<br/><b>GOSLING HOUSE, SUTTON STREET, E1</b></p> <p>Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£123.80, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32594</p>   |  <p><b>2 BEDROOMS</b><br/>Accessible Category F<br/><b>ARBOUR HOUSE, ARBOUR SQUARE, E1</b></p> <p>Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£122.84, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32587</p>   |  <p><b>2 BEDROOMS</b><br/>Accessible Category F<br/><b>CHUDLEIGH STREET, E1</b></p> <p>Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>Eligibility : Homeless Permanent</p> <p>£130.77, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32586</p>  |  <p><b>2 BEDROOMS</b><br/>Accessible Category F<br/><b>WINTERTON HOUSE, DEANCROSS STREET, E1</b></p> <p>Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • Electric radiators • No garden • Residents parking scheme • Pets not permitted • Children must be 10 years and over • Concierge</p> <p>£150.75, Weekly - Social Rent<br/>Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32597</p>   |
|  <p><b>2 BEDROOMS</b><br/>Accessible Category D<br/><b>BANCROFT HOUSE, CEPHAS STREET, E1</b></p> <p>Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>Eligibility : Homeless Permanent</p> <p>£122.54, Weekly - Social Rent<br/>Landlord: Bancroft TMC</p> <p>Property Ref: 32630</p> |  <p><b>2 BEDROOMS</b><br/>Accessible Category F<br/><b>DENNING POINT, COMMERCIAL STREET, E1</b></p> <p>Flat • 2 Bed 3 Person • 12th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Property is in congestion zone • Pets not permitted</p> <p>£119.52, Weekly - Social Rent<br/>Landlord: EastendHomes</p> <p>Property Ref: 32591</p>   |  <p><b>2 BEDROOMS</b><br/>Accessible Category F<br/><b>SHEARSMITH HOUSE, HINDMARSH CLOSE, E1</b></p> <p>Flat • 2 Bed 3 Person • 22nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets with landlords permission</p> <p>£145.80, Weekly - Social Rent<br/>Landlord: EastendHomes</p> <p>Property Ref: 32662</p>                |  <p><b>2 BEDROOMS</b><br/>Accessible Category F<br/><b>LEYLAND HOUSE, HALE STREET, E14</b></p> <p>Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>Eligibility : Homeless Permanent</p> <p>£122.54, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32660</p>  |  <p><b>2 BEDROOMS</b><br/>Accessible Category F<br/><b>NOVA COURT EAST, YABSLEY STREET, E14</b></p> <p>Flat • 2 Bed 3 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 year except for those currently holding a Secure or Assured social housing tenancy.</p> <p>£172.62, Weekly - Social Rent<br/>Landlord: Swan Housing Association</p> <p>Property Ref: 32589</p> |

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|  <p><b>2 BEDROOMS</b><br/>Accessible Category C<br/><b>DUCERE HOUSE, VIADUCT STREET, E2</b><br/>Flat • 2 Bed 3 Person • 2nd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Under floor heating system • Balcony • Car free home • Pets not permitted</p> <p>£147.41, Weekly - Social Rent<br/>Landlord: Gateway Housing Association</p> <p>Property Ref: 32603</p>   |  <p><b>2 BEDROOMS</b><br/>Accessible Category E<br/><b>MAYFIELD HOUSE, CAMBRIDGE HEATH ROAD, E2</b><br/>Flat • 2 Bed 4 Person • 5th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Heating &amp; hot water included in charges</p> <p>£137.91, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32624</p>  |  <p><b>2 BEDROOMS</b><br/>Accessible Category F<br/><b>SABELLA COURT, E3</b><br/>Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£123.95, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32627</p>   |  <p><b>2 BEDROOMS</b><br/>Accessible Category F<br/><b>ARROW ROAD, E3</b><br/>House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets not permitted</p> <p>£134.87, Weekly - Social Rent<br/>Landlord: Gateway Housing Association</p> <p>Property Ref: 32623</p>   |  <p><b>2 BEDROOMS</b><br/>Accessible Category F<br/><b>MALTINGS CLOSE, E3</b><br/>Flat • 2 Bed 4 Person • 1st floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Off street parking • Pets not permitted</p> <p>£171.36, Weekly - Social Rent<br/>Landlord: East Thames Group</p> <p>Property Ref: 32664</p>  |
|  <p><b>2 BEDROOMS</b><br/>Accessible Category F<br/><b>FAIRFOOT ROAD, E3</b><br/>Maisonette • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • Pets with landlords permission • One week's advance rent required at sign up of tenancy</p> <p>£143.16, Weekly - Social Rent<br/>Landlord: Poplar HARCA</p> <p>Property Ref: 32659</p> |  <p><b>3 BEDROOMS</b><br/>Accessible Category F<br/><b>SALFORD HOUSE, SEYSEL STREET, E14</b><br/>Maisonette • 3 Bed 5 Person • 2nd floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission</p> <p>£148.29, Weekly - Social Rent<br/>Landlord: EastendHomes</p> <p>Property Ref: 32579</p>  |  <p><b>3 BEDROOMS</b><br/>Accessible Category F<br/><b>MIDHURST HOUSE, SALMON LANE, E14</b><br/>Maisonette • 3 Bed 5 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>Eligibility : Transfer List</p> <p>£134.94, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32599</p>   |  <p><b>3 BEDROOMS</b><br/>Accessible Category F<br/><b>SYLVIA PANKHURST HOUSE, BULLARDS PLACE, E2</b><br/>Maisonette • 3 Bed 6 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£138.88, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32601</p>   |  <p><b>3 BEDROOMS</b><br/>Accessible Category F<br/><b>GOLDMAN CLOSE, E2</b><br/>House • 3 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Off street parking (car port) • Pets permitted</p> <p>£152.82, Weekly - Social Rent<br/>Landlord: Tower Hamlets Council</p> <p>Property Ref: 32604</p>  |
|  <p><b>AFFORDABLE RENT</b><br/>Accessible Category G<br/><b>ALBERT GARDENS, E1</b><br/>Flat • 3 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • On street parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.</p> <p>£240.47, Weekly - Affordable Rent<br/>Landlord: Circle 33 HA</p> <p>Property Ref: 32590</p>   |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>BLAIR PEACH HOUSE, BENJAMIN TRUMAN CLOSE, E1</b><br/>Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Eligibility : Homeless Permanent</p> <p>£226.31, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32639</p> |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>TASSADUQ AHMED HOUSE, BENJAMIN TRUMAN CLOSE, E1</b><br/>Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Advert represents 2 properties<br/>£226.31, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32640</p> |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>PEDLEY STREET, E1</b><br/>Maisonette • 4 Bed 6 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • Electric radiators • Private garden • Car free home • Pets not permitted • Life Time.</p> <p>£315.70, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32585</p> |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>PEDLEY STREET, E1</b><br/>Maisonette • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Car free home • Pets not permitted • Life Time.</p> <p>£273.12, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32614</p>  |
|  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>PEDLEY STREET, E1</b><br/>Maisonette • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Car free home • Pets not permitted • Life Time.</p> <p>Eligibility : Homeless Permanent</p> <p>£273.12, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32615</p>                 |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>PEDLEY STREET, E1</b><br/>Maisonette • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Car free home • Pets not permitted • Life Time.</p> <p>£273.12, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32616</p>   |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>PEDLEY STREET, E1</b><br/>Maisonette • 3 Bed 4 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Car free home • Pets not permitted • Life Time.</p> <p>£273.12, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32617</p>   |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>VAL MCCALLA HOUSE, PEDLEY STREET, E1</b><br/>Flat • 3 Bed 4 Person • 1st floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£273.12, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32618</p>                              |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>VAL MCCALLA HOUSE, PEDLEY STREET, E1</b><br/>Flat • 3 Bed 4 Person • 2nd floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Eligibility : Homeless Permanent</p> <p>£300.63, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32619</p> |

## AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at [www.thhs.org.uk](http://www.thhs.org.uk) for further information.

|  |  |  |  |   |
|--|--|--|--|---|
|  <p><b>AFFORDABLE RENT</b><br/>Accessible Category G<br/><b>ALBERT GARDENS, E1</b><br/>Flat • 3 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • On street parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.</p> <p>£240.47, Weekly - Affordable Rent<br/>Landlord: Circle 33 HA</p> <p>Property Ref: 32590</p>                               |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>BLAIR PEACH HOUSE, BENJAMIN TRUMAN CLOSE, E1</b><br/>Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Eligibility : Homeless Permanent</p> <p>£226.31, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32639</p> |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>TASSADUQ AHMED HOUSE, BENJAMIN TRUMAN CLOSE, E1</b><br/>Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Advert represents 2 properties<br/>£226.31, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32640</p> |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>PEDLEY STREET, E1</b><br/>Maisonette • 4 Bed 6 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • Electric radiators • Private garden • Car free home • Pets not permitted • Life Time.</p> <p>£315.70, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32585</p> |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>PEDLEY STREET, E1</b><br/>Maisonette • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Car free home • Pets not permitted • Life Time.</p> <p>£273.12, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32614</p>  |
|  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>PEDLEY STREET, E1</b><br/>Maisonette • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Car free home • Pets not permitted • Life Time.</p> <p>Eligibility : Homeless Permanent</p> <p>£273.12, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32615</p> |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>PEDLEY STREET, E1</b><br/>Maisonette • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Car free home • Pets not permitted • Life Time.</p> <p>£273.12, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32616</p>   |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>PEDLEY STREET, E1</b><br/>Maisonette • 3 Bed 4 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Car free home • Pets not permitted • Life Time.</p> <p>£273.12, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32617</p>   |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>VAL MCCALLA HOUSE, PEDLEY STREET, E1</b><br/>Flat • 3 Bed 4 Person • 1st floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£273.12, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32618</p>                              |  <p><b>AFFORDABLE RENT</b><br/>Accessible Category C<br/><b>VAL MCCALLA HOUSE, PEDLEY STREET, E1</b><br/>Flat • 3 Bed 4 Person • 2nd floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Eligibility : Homeless Permanent</p> <p>£300.63, Weekly - Affordable Rent<br/>Landlord: Spitalfields HA</p> <p>Property Ref: 32619</p> |



# AFFORDABLE RENT PROPERTIES



**AFFORDABLE RENT**  
Accessible Category C  
SHAHPARAN HOUSE, WEAVER STREET, E1  
Flat • 2 Bed 4 Person • 2nd floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • Life Time.

Eligibility : Homeless Permanent

£240.98, Weekly - Affordable Rent  
Landlord: Spitalfields HA

Property Ref: 32607



**AFFORDABLE RENT**  
Accessible Category C  
SHAHPARAN HOUSE, WEAVER STREET, E1  
Flat • 3 Bed 4 Person • 3rd floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • Life Time.

Eligibility : Band 3

£300.63, Weekly - Affordable Rent  
Landlord: Spitalfields HA

Property Ref: 32611



**AFFORDABLE RENT**  
Accessible Category C  
SHAHPARAN HOUSE, WEAVER STREET, E1  
Flat • 2 Bed 4 Person • 3rd floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • Life Time.

£240.98, Weekly - Affordable Rent  
Landlord: Spitalfields HA

Property Ref: 32612



**AFFORDABLE RENT**  
Accessible Category G  
GILL STREET, E14  
Flat • 3 Bed 5 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£264.00, Weekly - Affordable Rent  
Landlord: One Housing Group

Property Ref: 32663



**AFFORDABLE RENT**  
Accessible Category C  
FRANK WHIPPLE PLACE, E14  
Maisonette • 4 Bed 6 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C & Wet room (walk in shower) • GCH • Private garden • Car free home • Pets not permitted • Life Time.

£278.41, Weekly - Affordable Rent  
Landlord: Tower Hamlets Community Housing

Property Ref: 32634



**AFFORDABLE RENT**  
Accessible Category C  
FRANK WHIPPLE PLACE, E14  
Maisonette • 4 Bed 6 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C & Wet room (walk in shower) • GCH • Private garden • Car free home • Pets not permitted • Life Time.

£278.41, Weekly - Affordable Rent  
Landlord: Tower Hamlets Community Housing

Property Ref: 32635



**AFFORDABLE RENT**  
Accessible Category C  
FRANK WHIPPLE PLACE, E14  
Maisonette • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C & Wet room (walk in shower) • GCH • Private garden • Car free home • Pets not permitted • Life Time.

£247.19, Weekly - Affordable Rent  
Landlord: Tower Hamlets Community Housing

Property Ref: 32636



**AFFORDABLE RENT - OVER 50's**  
Accessible Category E  
TAIT COURT, ST STEPHENS ROAD, E3  
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Shower Room with W/C (no bath) • GCH • Shared garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Eligibility : Min Client Age 50

£201.54, Weekly - Affordable Rent  
Landlord: OLD FORD HA

Property Ref: 32631



**1. Internet Bidding –**  
Just log on to [www.thhs.org.uk](http://www.thhs.org.uk)



**2. Telephone Bidding –**  
Simply call 0845 270 2400

**Reminder**  
Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.

**Free REFURBISHMENT FOR LANDLORDS**  
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124 Whitechapel Road, London E1 1JE  
\*T & Cs apply

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# EXPERIENCED SALES OR TELESALES PERSON REQUIRED

FOR PRINTERS/MAILING HOUSE BASED IN E2.  
Must be experienced in this industry.

**CALL JOHN**  
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## Finance Coordinator £32,200



We are a dynamic, growing user-led organisation. As we have expanded we are now looking for a Finance Coordinator to deliver an efficient and effective finance function.

We particularly welcome applications from disabled people, and people who live in Tower Hamlets.

**Applications close: 5pm on Friday 3 July 2015**

Full information at  
[www.real.org.uk/IAACrole](http://www.real.org.uk/IAACrole)

## London Borough of Tower Hamlets **MORPETH SCHOOL** Portman Place, E2 0PX

Morpeth School is a popular, fully inclusive 11-19 comprehensive school located in Bethnal Green.

### SIXTH FORM ACADEMIC MENTORS

Full time (35 hours per week), term time plus three weeks  
Required from mid-August 2015 for 1 year  
NJC Scale 4 £21,120 (actual gross monthly salary £1,623)

We are looking for well qualified honours graduates to become Academic Mentors. You will support and challenge our sixth form students, helping them to become excellent independent learners. Applicants need to be able to offer one or more subjects from the following:

- Biology, Business Studies, Chemistry, Economics, Geography, Maths, Psychology.

You will need a high level of academic literacy. You will be expected to help to supervise our study areas, ensuring that students are using their Supervised Study periods effectively and contribute to our sixth form enrichment programme. Applicants will have experience of working with young people and a belief in their ability to succeed.

Successful candidates must abide by our Safeguarding Children policies and undergo an enhanced DBS check.

**Closing date: Noon on Friday 3rd July  
with interviews the following week.**

For further details and application form, see the school website [morpethschool.org.uk](http://morpethschool.org.uk) or if necessary email [einglis@morpeth.towerhamlets.sch.uk](mailto:einglis@morpeth.towerhamlets.sch.uk) or phone 020 8981 0921.



## Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



### Senior Planning Lawyer & CIL Specialist

Law, Probity and Governance Directorate

Ref: LPG00067 | 18 months FTC

Closing date: 02.07.15

### Senior Lawyer – Contracts

Law, Probity and Governance Directorate

Ref: LPG00061 | Closing date: 30.06.15

### Communications Advisor (Public Health)

Law, Probity and Governance Directorate

Ref: LPG00065 | Maternity Cover | Closing date: 28.06.15

### Communications Advisor

Law, Probity and Governance Directorate

Ref: LPG00068 | Closing date: 28.06.15

### Social Workers (Assessment and Intervention)

Education, Social Care & Wellbeing Directorate

Ref: ESW00406 | Closing date: 28.06.15

£48,210 – £51,045  
per annum

£43,620 – £46,359  
per annum

£36,186 – £39,069  
per annum

£36,186 – £39,069  
per annum

£32,157 – £41,811  
per annum

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

**[www.towerhamlets.gov.uk/careers](http://www.towerhamlets.gov.uk/careers)**

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



INVESTORS  
IN PEOPLE



How to  
apply

Interested applicants please email [hr.compass@nhs.net](mailto:hr.compass@nhs.net) for an application form to be completed before the closing date.



Are you interested in working in a dynamic and innovative new school to help shape the curriculum?

Do you want to help develop its culture as part of an ambitious dedicated and enterprising team?

Can you add value and bring energy that will give us the capacity and expertise to develop as the school grows?

We are seeking to appoint creative and inspirational candidates;

- Science & Technology Technician (part-time)
- Teacher of Design & Technology (full-time)
- Teacher of History leading on GCSEs (part-time)
- Teacher of Science (part-time)
- Teacher of Art (part-time)

Visit our website [www.wappinghigh.org](http://www.wappinghigh.org) for further information and to download application pack.

Visits to the school are kindly welcomed please contact [pauladaley@wappinghigh.org](mailto:pauladaley@wappinghigh.org)

## compass wellbeing

Compass Wellbeing CIC, Steels Lane Health Centre  
384-398 Commercial Road, London E1 0LR  
Tel: 020 7793 3360/3661 Fax: 020 7791 3669

### Sylheti Speaking Clinical Counsellor/ Counselling Psychologist Primary Care Tower Hamlets

**Part Time (22.5 hours), 2 year fixed-term contract**

We are looking for an enthusiastic and experienced Sylheti speaking Clinical Counsellor/Counselling Psychologist, with an interest in working in Primary Care. Compass Wellbeing Community Interest Company is a social enterprise based in East London. Formerly the Tower Hamlets Primary Care Psychology and Counselling Service, we have provided psychological therapy services to general practice and the local community for over 30 years.

This is a new post to join a dynamic and innovative new Asian Counselling service, which will be evolving as part of Compass Wellbeing. This post involves provision of high quality counselling for the Asian community, where Bengali and Sylheti are the dominant spoken languages.

We are looking for a Clinical Counsellor/Counselling Psychologist with at least 4 years clinical experience, if you are a Clinical Counsellor you would need to be either BACP accredited or working towards accreditation this year.

We are a proactive and forward looking service, with a strong commitment to meeting the needs of the diverse community where we are located.

#### For more information please contact:

Pauline O'Halloran, Consultant Clinical Counsellor on 020 7791 3660  
Email: [paulineohalloran@nhs.net](mailto:paulineohalloran@nhs.net)

**Closing Date: 29/6/15 • Interview Date: 3/7/15**

**Start date for post: July/August 2015 if possible**

## LONDON BOROUGH OF TOWER HAMLETS

### PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

**43 Commercial Street, London, E1 6BD** PA/15/1357/LYM  
Installation of stove venting duct at rear.

**24 Coborn Road, London, E3 2DA** PA/15/1280 & 1281/HDH  
Extension to the existing excavated area in the front garden and creation of three terraced planting beds.

**216 - 218 Mile End Road, London, E1 4LJ** PA/15/1526/PLA  
Application for variation of conditions no. 5 'hours of operation', 8 'use of rear yard' and 10 'use of rear yard and details thereof' of planning permission ST/96/00059 dated 04/02/1998 for: "Conversion and change of use from light industrial, office and storage into ground floor retail shop, first and second floors into 2 x 2 bedroom flats, demolition of rear single storey buildings to form vehicle parking spaces plus ancillary uses to the retail shop, and the retention of existing warehouse, with access for the rear activities from Beaumont Grove, E1."

Variation of condition 5 is to extend the hours of operation from 8:00 - 20:00 Mondays to Saturdays to 9:00 to 21:00 Mondays to Saturdays and to allow opening between 9:00 and 16:00 on Sundays. Deliveries to take place between 10:00 - 18:00 Mondays to Saturdays. No deliveries would take place on Sundays.

Variation of conditions 8 and 10 is to allow the rear yard to be used as a customer car park.

**East India Dock, Clove Crescent, London E14** PA/15/1005/ADW  
Outline application (all matters reserved) for demolition of all existing buildings and structures on site and comprehensive mixed use development of East India Dock, comprising a maximum of 78,871 sq/m GIA (excluding basement) of floorspace for the following uses:

Residential (Class C3)  
Business use including office and flexible workspace (Class B1)  
Leisure uses (Class D2)  
Retail (Class A1/A2/A4/A4)  
Streets, open spaces, landscaping and public realm  
Utilities including electricity substation(s) and  
Other works incidental to the proposed development.  
Full planning permission for the demolition of the existing building and redevelopment of the site to provide 41,709 (GIA) of floorspace (excluding basement) and comprising residential (Class C3), retail, food and drink uses (Class A1/A2/A3/A4), business uses (Class B1) and leisure (Class D2) in buildings ranging from 10 to 27 storeys (plus 2 storey plant enclosure) in height, together with car and cycle parking, associated landscaping and new public realm.

This application is accompanied by an Environmental Statement.

**111-121 Fairfield Road, London, E3 2QR** PA/15/1422/KFL  
Application for the demolition of existing building and erection of a 5 storey block comprising 20 self contained flats (consisting of 9 x 1 bed, 7 x 2 bed and 4 x 3 bed units)

**Flat 1, 1 Wellington Way, London, E3 4NE** PA/15/1503 & 1504/SAE  
Erection of a single storey infill extension at rear of ground floor flat and internal alterations.

**43 Commercial Street, London, E1 6BD** PA/15/1563/LYM  
Alterations to shopfront with enlargement of shopfront windows, installation of retractable canopy and 3 X fascia signs

**43 Commercial Street, London, E1 6BD** PA/15/1564/LYM  
Alterations to shopfront with enlargement of shopfront windows, installation of retractable canopy and 3 X fascia signs  
3 x externally illuminated fascia signs.

**71 Saunders Ness Road, London, E14 3EB** PA/15/1439/BMC  
Erection of second floor extension and alterations to elevations

### 3-5 Fashion Street, London, E1 6PX

PA/15/1259/KHA

Conversion of the first, second and third floors of approved scheme PA/12/02225 from C3 (residential) use to B1 (office use). Enclosure of central courtyard. Enclosure of loggias behind Fashion Street and Christ Church Gardens facades. Alteration to facade openings and detailing.

### Flat 1, 1 Wellington Way, London, E3 4NE

PA/15/1504/SAE

Erection of a single storey infill extension at rear of ground floor flat and internal alterations.

**The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.**

### 42 Ridgdale Street, London, E3 2TW

PA/15/1501/HDH

Removing existing concrete tiles from the roof of the building and replacing them with natural slate tiles as would have been installed on the original building.

### 65 Old Bethnal Green Road, London, E2 6QA

PA/15/1523/EBW

A rooftop extension to provide private internal and external amenity, and the creation of a basement/ground self-contained granny flat, to facilitate the needs of a young family.

### 67 Brookesley Street, London, E3 4QJ

PA/15/1438/SAE

Proposed erection of roof terrace. A double storey rear extension including internal refurbishments to form internal changes.

**Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.**

**Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.**

Dated: 22nd June 2015

### OWEN WHALLEY

Head of Planning and Building Control



## Public notices

### THE LONDON BOROUGH OF TOWER HAMLETS

traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

a Premises Licence under the Licensing Act 2003.

Premises: Weavers Fields-E2

The licensable activities and timings are: Provision of regulated Entertainment

B) Film

E) Live Music

F) Recorded Music

G) Performance of Dance

H) Anything of similar description to that falling within E, F & G. Sunday, 13th September 2015; 11:00 – 18:00hrs.

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG.

Website:

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

Tel: 020 7364 5008

Representations must be received no later than 13/07/15

The Application Record and Register may be viewed between 10am – 4pm Monday to Friday during normal office hours at the above address.

### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

### TEMPORARY PROHIBITION OF TRAFFIC - OLGA STREET E3

**NOTICE IS HEREBY GIVEN**, that the Council of the London Borough of Tower Hamlets, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Olga Street to the north-easternmost end from its junction with Conyer Street.

The restriction on vehicular traffic will enable the essential works to be carried out on the public highway by Higgins Construction Limited.

There is no alternative route for vehicular traffic as it is a cul-de-sac or dead end road.

The restriction on vehicular traffic will operate from Monday 29th June 2015 to Saturday 29th August 2015 and at times when temporary

### LONDON BOROUGH OF TOWER HAMLETS

### LICENSING ACT 2003

### NOTICE OF APPLICATION FOR A PREMISES LICENCE

**NOTICE IS GIVEN THAT** London Borough of Tower Hamlets has applied to London Borough of Tower Hamlets Licensing Authority for

## ALONDON BOROUGH OF TOWER HAMLETS

### TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

**East India Dock, Clove Crescent, London E14 PA/15/1005/ADW**

Outline application (all matters reserved) for demolition of all existing buildings and structures on site and comprehensive mixed use development of East India Dock, comprising a maximum of 78,871 sq/m GIA (excluding basement) of floorspace for the following uses:

Residential (Class C3)

Business use including office and flexible workspace (Class B1)

Leisure uses (Class D2)

Retail (Class A1/A2/A4/A4)

Streets, open spaces, landscaping and public realm

Utilities including electricity substation(s) and

Other works incidental to the proposed development.

Full planning permission for the demolition of the existing building and redevelopment of the site to provide 41,709 (GIA) of floorspace (excluding basement) and comprising residential (Class C3), retail, food and drink uses (Class A1/A2/A3/A4), business uses (Class B1) and leisure (Class D2) in buildings ranging from 10 to 27 storeys (plus 2 storey plant enclosure) in height, together with car and cycle parking, associated landscaping and new public realm.

This application is accompanied by an Environmental Statement.

**111-121 Fairfield Road, London, E3 2QR PA/15/1422/KFL**

Application for the demolition of existing building and erection of a 5 storey block comprising 20 self contained flats (consisting of 9 x 1 bed, 7 x 2 bed and 4 x 3 bed units)

**Site At North East Junction Of Blackwall Tunnel PA/15/1470/EBW**

**Northern Approach And Twelvetrees Crescent,  
Twelvetrees Crescent, London**

Provision of a new 300 place Arts and Music Academy for 16-19 year olds. The facility will include recording studios, performance spaces, classrooms, a cafe and other associated facilities. The proposal also includes a comprehensive landscaping scheme, bin storage, a substation, two disabled parking bays and cycle parking.

**Enterprise House, 21 Buckle Street,  
London, E1 8NN PA/15/1141/GGW**

Demolition of existing office building and erection of a ground plus 17 storey mixed use building (AOD 74.7m to parapet) comprising 1,204 sq.m of office space (B1 Use Class) and 118 (C1 Use Class) serviced apartments (3,171sq.m) together with ancillary facilities and associated cycle parking.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 22nd June 2015

**OWEN WHALLEY  
HEAD OF PLANNING & BUILDING CONTROL**



**To place your notice in East End Life, call...**

**Terri on 7364 4682  
Chris on 7364 4994  
Fatima on 7364 4623  
Sharan on 7364 4061**

## LONDON BOROUGH OF TOWER HAMLETS

### TOWN & COUNTRY PLANNING (ENVIRONMENTAL IMPACT ASSESSMENT) REGULATIONS 2011 (AS AMENDED)

NOTICE UNDER ARTICLE 8 OF APPLICATION FOR PLANNING PERMISSION ACCOMPANIED BY AN ENVIRONMENTAL STATEMENT

PROPOSED DEVELOPMENT AT:

**East India Dock, Clove Crescent, London E14**

**PA/15/1005/ADW**

Notice is given that GVA Grimley on behalf of EID Limited are applying to the London Borough of Tower Hamlets for:

Outline application (all matters reserved) for demolition of all existing buildings and structures on site and comprehensive mixed use development of East India Dock, comprising a maximum of 78,871 sq/m GIA (excluding basement) of floorspace for the following uses:

Residential (Class C3)

Business use including office and flexible workspace (Class B1)

Leisure uses (Class D2)

Retail (Class A1/A2/A4/A4)

Streets, open spaces, landscaping and public realm

Utilities including electricity substation(s) and

Other works incidental to the proposed development.

Full planning permission for the demolition of the existing building and redevelopment of the site to provide 41,709 (GIA) of floorspace (excluding basement) and comprising residential (Class C3), retail, food and drink uses (Class A1/A2/A3/A4), business uses (Class B1) and leisure (Class D2) in buildings ranging from 10 to 27 storeys (plus 2 storey plant enclosure) in height, together with car and cycle parking, associated landscaping and new public realm.

This application is accompanied by an Environmental Statement.

**This MAJOR application includes the submission of an Environmental Statement under the provisions of the Town and Country Planning (Environmental Impact Assessment) Regulations 2011**

Copies of the application, plans, environmental statement and all other documents may be inspected between the hours of 9am to 5pm, Monday to Friday at the Planning Office, Mulberry Place, 5 Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Copies of the environmental statement may be purchased from GVA Grimley, 65 Gresham Street, London, EC2V 7NQ, 020 7911 2479 so long as stocks last. (Price on application)

Any person who wishes to make representations relating to this application should do so in writing, within a period of 14 days from the date of publication of this notice to the Head of Planning at the Planning Office address above.

Dated: 22nd June 2015

**OWEN WHALLEY  
HEAD OF PLANNING & BUILDING CONTROL**



### Why you should read Public and Legal notices

These notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.



**See page 6 for London Legacy public notice**

## Town and Country Planning (Development Management Procedure) (England) Order 2015

### NOTICE UNDER ARTICLE 13 OF APPLICATION FOR PLANNING PERMISSION

**Proposed Development at:** Bishopsgate Goods Yard, Shoreditch, London E1

**I give notice that** Bishopsgate Goods Yard Regeneration Limited is applying to the London Borough of Tower Hamlets for:

'An OUTLINE application for the comprehensive mixed use redevelopment of the site comprising:

- Residential (Class C3) comprising up to 1,356 residential units;
- Business Use (Class B1) – up to 65,859 sqm (GIA);
- Retail, financial and professional services, restaurants and cafes and hot food takeaways (Class A1, A2, A3 and A5) – up to 17,499 sqm (GIA) of which only 2,184 m<sup>2</sup> (GIA) can be used as Class A5;
- Non-residential Institutions (Class D1) – up to 495 sqm (GIA);
- Assembly and Leisure (Class D2) – up to 661 sqm (GIA);
- Public conveniences (sui generis) – up to 36 sqm (GIA);
- Ancillary and plant space – up to 30,896 sqm (GIA);
- Basement – up to 8,629 sqm (GIA);
- Formation of new pedestrian and vehicular access and means of access and circulation within the site; and
- Provision of 22,642 sqm of new public open space and landscaping.

The application proposes a total of 12 buildings that range in height, with the highest being 177.6 m AOD and the lowest being 23.6 m AOD.

With all matters reserved save that FULL DETAILS are submitted for alterations to and the partial removal of existing structures on the site and the erection of three buildings for residential (Class C3), namely Plot C (ground level, plus 26-30 storeys, plus plant); Plot F (ground level, plus 46 storeys, plus plant); Plot G (ground level, plus 38 storeys, plus plant) comprising up to 940 of the total residential units; and retail and food and drink uses (A1, A2, A3, A5); and use of the ground and basement levels of the Braithwaite Viaduct for retail and food and drink / community uses (A1, A2, A3, A5/D1). Works to and use of the Oriel and adjoining structures for retail and food and drink uses (A1, A2, A3, A5).

For that part of the site within LB Tower Hamlets, the proposed development comprises the following mix of uses:

- Up to 91,469 m<sup>2</sup> (GIA) of Residential use (Class C3);
- Up to 16,670 m<sup>2</sup> (GIA) of Business Use (Class B1);
- Up to 10,984 m<sup>2</sup> (GIA) of Retail Use (Class A1, A2, A3, A5 of which only 1,960 m<sup>2</sup> (GIA) can be used for hot food takeaways (Class A5);
- Up to 495 m<sup>2</sup> (GIA) of Non-residential Institution Use (Class D1);
- Up to 661 m<sup>2</sup> (GIA) of Assembly and Leisure Use (Class D2);
- Up to 36 m<sup>2</sup> (GIA) of sui generis use;
- Up to 18,147 m<sup>2</sup> (GIA) of ancillary and plant space;
- Up to 5,224 m<sup>2</sup> (GIA) of basement.'

**Any owner of the land or tenant who wishes to make representations about this application, should write to the council within 21 days of the date of this notice.**

**Local Planning Authority to whom the application is being submitted:**

The London Borough of Tower Hamlets

**Local Planning Authority to whom the application is being submitted:**

London Borough of Tower Hamlets

Planning & Building Control Development Renewal  
Mulberry Place, 5 Clove Crescent, London E14 1BY

**“owner”** means a person having a freehold interest or a leasehold interest the unexpired term of which is not less than 7 years, or, in the case of development consisting of the winning or working of minerals, a person entitled to an interest in a mineral in the land (other than oil, gas, coal, gold or silver).

**“tenant”** means a tenant of an agricultural holding any part of which is comprised in the land.

**Signatory:** DP9 Ltd on behalf of Bishopsgate Goods Yard Regeneration Limited

**Date:** 22nd June 2015

**Statement of owners' rights:** The grant of planning permission does not affect owners' rights to retain or dispose of their property, unless there is some provision to the contrary in an agreement or lease.

**Statement of agricultural tenants' rights:** The grant of planning permission for non-agricultural development may affect agricultural tenants' security of tenure.

## Town and Country Planning (Environmental Impact Assessment) Regulations 2011

### NOTICE UNDER REGULATION 22 OF SUBMISSION OF FURTHER ENVIRONMENTAL INFORMATION

**Proposed Development at:** Bishopsgate Goods Yard, Shoreditch, London E1

**Planning Application ref:** PA/14/02011

**I give notice that** Bishopsgate Goods Yard Regeneration Limited is applying to the London Borough of Tower Hamlets for:

'An OUTLINE application for the comprehensive mixed use redevelopment of the site comprising:

- Residential (Class C3) comprising up to 1,356 residential units;
- Business Use (Class B1) – up to 65,859 sqm (GIA);
- Retail, financial and professional services, restaurants and cafes and hot food takeaways (Class A1, A2, A3 and A5) – up to 17,499 sqm (GIA) of which only 2,184 m<sup>2</sup> (GIA) can be used as Class A5;
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- Assembly and Leisure (Class D2) – up to 661 sqm (GIA);
- Public conveniences (sui generis) – up to 36 sqm (GIA);
- Ancillary and plant space – up to 30,896 sqm (GIA);
- Basement – up to 8,629 sqm (GIA);
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- Provision of 22,642 sqm of new public open space and landscaping.

The application proposes a total of 12 buildings that range in height, with the highest being 177.6 m AOD and the lowest being 23.6 m AOD.

With all matters reserved save that FULL DETAILS are submitted for alterations to and the partial removal of existing structures on the site and the erection of three buildings for residential (Class C3), namely Plot C (ground level, plus 26-30 storeys, plus plant); Plot F (ground level, plus 46 storeys, plus plant); Plot G (ground level, plus 38 storeys, plus plant) comprising up to 940 of the total residential units; and retail and food and drink uses (A1, A2, A3, A5); and use of the ground and basement levels of the Braithwaite Viaduct for retail and food and drink / community uses (A1, A2, A3, A5/D1). Works to and use of the Oriel and adjoining structures for retail and food and drink uses (A1, A2, A3, A5).

For that part of the site within LB Tower Hamlets, the proposed development comprises the following mix of uses:

- Up to 91,469 m<sup>2</sup> (GIA) of Residential use (Class C3);
- Up to 16,670 m<sup>2</sup> (GIA) of Business Use (Class B1);
- Up to 10,984 m<sup>2</sup> (GIA) of Retail Use (Class A1, A2, A3, A5 of which only 1,960 m<sup>2</sup> (GIA) can be used for hot food takeaways (Class A5);
- Up to 495 m<sup>2</sup> (GIA) of Non-residential Institution Use (Class D1);
- Up to 661 m<sup>2</sup> (GIA) of Assembly and Leisure Use (Class D2);
- Up to 36 m<sup>2</sup> (GIA) of sui generis use;
- Up to 18,147 m<sup>2</sup> (GIA) of ancillary and plant space;
- Up to 5,224 m<sup>2</sup> (GIA) of basement.'

This MAJOR application as submitted to the London Borough of Tower Hamlets includes the submission of an Environmental Statement under the provisions of the Town and Country Planning (Environmental Impact Assessment) Regulations 2011, and the applicant has on 15.06.2015 submitted to the London Borough of Tower Hamlets further environmental information under Regulation 22.

Copies of the further environmental information may be inspected between the hours of 9am to 5pm, Monday to Friday, at the London Borough of Tower Hamlets Council offices, Mulberry Place, 5 Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk).

Copies of the further environmental information may be purchased from DP9, 100 Pall Mall, London, SW1Y 5NQ, Tel: 020-7004-1700 whilst stocks last (Price on application).

Any person who wishes to make representations relating to the further environmental information should do so in writing, within a period of 21 days from the date of publication of this notice to the Head of Planning at the Planning Office address above.

**Signatory:** DP9 Ltd on behalf of Bishopsgate Goods Yard Regeneration Limited

**Date:** 22nd June 2015

## Public notices

### THE LONDON BOROUGH OF TOWER HAMLETS

### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

### TEMPORARY PROHIBITION OF TRAFFIC – HORSEFERRY ROAD E14

**NOTICE IS HEREBY GIVEN**, that the Council of the London Borough of Tower Hamlets, with the agreement of Transport for London, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

#### Location:

a) Horseferry Road between its junction with Branch Road and its junction with Spert

Street;

b) Horseferry Road between its junction with the eastern junction of Narrow Street and its junction with Branch Road.

**Reason:** To allow essential resurfacing works to be carried out on the public highway by CVU on behalf of Transport for London;

**Alternative Route:** For vehicular traffic will be via Branch Road (northbound), Commercial Road (eastbound), Three Colt Street and Narrow Street (westbound) and vice versa;

**Period:** On Saturday 18th July 2015 from 08:00 hours until 18:00 hours.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Clean, Green and Highways on

020 7364 6680 or email, [john.parsons@towerhamlets.gov.uk](mailto:john.parsons@towerhamlets.gov.uk)

**Dated:** 22nd June 2015

**SIMON BAXTER**  
INTERIM SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG

**THE LONDON BOROUGH OF TOWER HAMLETS**

**ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)**

**TEMPORARY BANNED TURNS & TEMPORARY PROHIBITION OF TRAFFIC - VAL-**

### LANCE ROAD E1

#### NOTICE IS HEREBY GIVEN

that the Council of the London Borough of Tower Hamlets, having consulted Transport for London, made an Order, which will prohibit vehicular traffic from the following temporary prohibition:

#### Location:

a) Entering, stopping or proceeding in Vallance Road between its junction with Durward Street and its junction with Lomas Street;

b) Entering, stopping or proceeding in Vallance Road between its junction with Lomas Street and its junction with Underwood Road;

c) Turning right or turning left into Wodeham Gardens from its junction with Vallance Road;

d) Old Montague Street at its junction with Vallance Road.

**Reason:** The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Optimise Thames Water;

**Alternative Route:** For vehicular traffic will be via Vallance Road, Whitechapel Road (eastbound), Cambridge Heath Road, Three Colts Lane and Dunbridge Street and vice versa or Whitechapel Road (westbound), Greatorex Street, Hanbury Street, Deal Street, Buxton Street and Vallance Road.

For local traffic in Wodeham Gardens, alternative route will be via Castlemeaine Street and Lomas Street;

**Period:** From Monday 29th June 2015 to Monday 14th September 2015.

Throughout the duration of works, and at times when the “no entry” and “one way” traffic signs are covered, the existing one way working in Old Montague Street between its junction with Davenant Street and its junction with Vallance Road will be temporarily suspended.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Transport and Highways on 020 7364 6898 or email, [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

**Dated:** 22nd June 2015

**SIMON BAXTER**  
INTERIM SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG



## Carole stars with a hat-trick

Wapping ladies A moved to the top of the league. Once again it was Carole Date-Chong who proved the difference between the two sides, this time with a superb hat-trick.

### Sport

# Wapping ladies rub salt into Redbridge wounds

BY PETER FAULKNER

**WAPPING** ladies A team were the last side that Redbridge wanted to face in the Summer League after they suffered a 4-1 beating in their last encounter.

And their fears proved well founded when the two sides clashed again, as Wapping this time dished out a 5-0 hammering to climb to the top of the Redbridge Summer League.

Once again it was Carole Date-Chong who proved the difference between the two sides, this time with a superb hat-trick.

Lotta Paulus, making her debut for Wapping summer league team, opened the scoring with a spectacular aerial shot in the



Lotta Paulus bravely jumps into a challenge ©Graham Hodges

opening minutes of the game, before Date-Chong got in on the act to double the lead.

As the first-half continued, the Wapping defence barely broke a sweat. Emma Field, Paulus and Chrissie Eckhart in the midfield pressed high, ensuring

plenty of goalscoring opportunities, although the Redbridge defence held firm.

Two up at half-time was not as emphatic a scoreline as that of the previous week, so after a rallying half-time team talk by captain Nina Belk, Wapping set

out to step things up after the break.

Jess Frith and Date-Chong shone in an action-packed second half, which saw both players grounded by the Redbridge goalkeeper; one of these tackles earning Frith a penalty flick, which she failed to convert.

But Frith made amends soon after when she scored a cracking goal from an almost impossibly tight angle.

Date-Chong rounded off the match with two classy goals, one in the dying minutes of the game, which delivered the best win of the summer season for the Wapping side and earned them the top spot in the league. **Results:** Wapping ladies B 1 Crostyx 2; Wapping men's B 2 Waltham Forest A 0; Wapping men's A 0 Crostyx 1.



## Mercy eighth in the world juniors

### Weightlifting

**TEENAGER** Mercy Brown is targeting the world championships at the end of the year as the event that could earn her a ticket to the Rio Olympics.

The Poplar youngster, who celebrated her 19th birthday at the weekend, added to her growing reputation with eighth place in the junior world championships in Wroclaw, Poland, on June 13.

Mercy is desperate to

represent Team GB in Brazil next year, but is still short of the required qualification points.

She said: "I have no doubt I will get that qualification total – I know I'm fully capable of that.

"The 2020 Olympic Games in Tokyo is there to aim for, but it would be a shame for me to be this close to the next Games and not get there. So hopefully I will be at Rio next year."

Next up for Mercy are the British junior championships at Crystal Palace in August.

Wapping ladies A moved to the top of the league. Once again it was Carole Date-Chong who proved the difference between the two sides, this time with a superb hat-trick.

## Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

### Football round-up

#### Tigers on top as league takes break

**ROBIN Hood Tigers** and **Lotus FC** continued to set the pace in Inner London Summer League going into the Ramadan break.

The Premier League pair featured in an entertaining clash which Tigers won 5-3 with two goals in the last ten minutes, to go back to the top of the table.

**SCTA** took the initiative to climb to second place on goal difference as they beat a valiant Weavers 2-1.

London Tigers have played the fewest games but recorded a 4-0 win over Beaumont Youth. They are six points off the top, but have two games – and are yet to play either of the top two.

Lastly, League Cup holders Reachout recorded their first victory of the summer with a 4-1 win over St Katharine's.

London Gaza go into the break top of the First Division, after a 4-0 win over Arsenal as ACE and Boundary did not play.

Inter Asia recorded their first win, beating Jack Barry St Germain 4-2. Lastly, the Stepney derby match saw Riverside also record their first win – a 4-0 success over Redcoat.

Centre from 6-7pm and are free to attend.

They are perfect for anyone who wants to learn how to play football, while improving their fitness and having fun.

For more information on how to join the team, or about the free community sessions, call Pav on 07795 385565, Viv on 07875 225510 or email [eastlondonladiesfc@gmail.com](mailto:eastlondonladiesfc@gmail.com)

### Free sessions

THE West Ham United Foundation holds free weekly football sessions for different groups at the South Park lawn next to the Arcelor Mittal Orbit.

There are lessons for 6- to 10-year-olds, over-16s and women.

The kids sessions are on Mondays between 5-6.30pm, the women and girls' sessions are every Wednesday 5-6pm and the football fitness sessions for men, women and over-16s are every Friday 5.30-6.30pm. No pre-booking is required.

### Happy Hamlets

PLAYERS from **FC Hamlets** under-18s have received £400 from Pam Mason of The East London Nursing Trust.

Manager Senie Emmanuel said: "We are very grateful to Pam and the trust for the cheque, this will help us with our funding target for the Gothia Cup in July."

The trust helps and supports funding for children and young people as well as disability groups and elderly groups.

To contact East London Nursing Trust email [psmram21@aol.com](mailto:psmram21@aol.com)



## East in the hunt for seasoned players

EAST London Ladies Football Club (pictured above), winners of this year's Mayor's Cup, are inviting more girls and women to join them.

They need players with some previous football experience who are passionate about the game.

They also run community development sessions for women of any ability.

These take place every Monday at Whitechapel Sports

### Lionesses deal

PLAYERS with Millwall Lionesses football club are going to university.

They have linked up with the University of East London in a deal that enables them to get sports scholarships and represent for the university's women's team.

Millwall will also provide coaching to UEL's women's football club with Lionesses manager Daniel Milner appointed as their coach.



## More inside

For stories on hockey, football, weightlifting and table tennis...

SEE PAGE 35



# eastendsport

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

## Olivia chasing Olympic dream



Olivia with her winner's trophy after success in Poland. Now she heads for the Youth Olympics

BY PETER FAULKNER

**OLIVIA Piechota has achieved one of her dreams by qualifying for both the European Judo Championships and the Youth Olympics.**

It is a fine achievement in its own right, but Olivia also hopes that it proves to be a stepping stone on her way to landing a place in the full Great Britain squad for the 2020 Olympic Games in Tokyo.

To get there, the 16-year-old member of Tower Hamlets Judo Club showed her class in the Cadet European Judo Cup, in Bielsko Biala, Poland.

This was the last of the European Cup events this season. Olivia has competed in four, winning medals every time.

But the competition in Poland was the most important so far with more than 500 competitors from 29 countries battling it out for World and European



Olivia on her way to yet another victory in Poland

Judo Federation ranking points.

Olivia competed in the Cadets category (under-17) and she was not only very well prepared, but more determined than ever to win.

And that combination proved

irresistible as Olivia claimed the gold, defeating Slovakian Dominika Kincelova in the semi-final and Hungarian Andrea Karman in the final.

She won all four of her contests scoring ippon –

ultimate point – displaying excellent throwing and grappling skills.

The talented judoka has shown once again why, even at such a tender age, she is real championship material.

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[www.hammondsestates.co.uk](http://www.hammondsestates.co.uk)





## Honourable mentions

Cllr Golds among local people on Birthday Honours list

SEE PAGE 2



## Children take the plunge

Schools in swimming gala at St George's Leisure Centre

SEE PAGE 10



## A rare chance to go inside

Museum of Immigration and Diversity opens its doors

SEE PAGES 18 & 19

ISSUE 1065 22 - 28 JUNE 2015

WWW.TOWERHAMLETS.GOV.UK



# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# RAMADAN KAREEM



# BEITY – A HOME FOR SYRIA'S CHILD REFUGEES

"Mother, father, sister, brother, where are you? Where are you?" Sang three year old Sara. "I want to see you; I want to see you, every day. Every day", she continued, blushing with a smile that belied the sad reality of her words. This is because Sara lost her father in Syria, and her mother to the mental trauma that followed. Along with her four siblings, she now resides at Beity, a home for children orphaned by Syria's ongoing conflict.

When Muslim Aid visited the Beity orphanage which it runs in partnership with the Maram Foundation last June, the former restaurant building was still being renovated. Thanks to the generosity of Muslim Aid's donors, Beity is now a home with space for up to 100 children to live and reclaim the childhood that was violently snatched away from them. It is a place where the kids sleep, play, study and eat freshly cooked Syrian meals; flavours from a place that some of the children are perhaps too young to remember; Mujadara, Maqlooba, freshly baked khobez.

"This place is different", said Yakzan Shishakly, Director of the Maram Foundation, the charity that runs the Beity orphanage. "They feel like they are at home. They come inside and they don't feel shy." The joy displayed by the kids at Beity, however, is only a testament to the progress achieved by its dedicated family of volunteers. Beneath many of the smiles are deep scars, the mental wounds caused by the trauma of war. Many had seen its horrors first hand, whilst others had been exposed to the desperate acts that their parents had sadly turned to in order to make ends meet. Some had even been abused and neglected after their families were torn apart.

At Beity the children are given a chance to achieve their ambitions. Thirteen-year-old Ruba is one of the home's eldest children; a girl whose eyes shine with optimism and strength. "For most of my childhood, my father was unwell. Before he died, he used to say to me 'grow up quickly, I want you to become a doctor one day'", Ruba explained. "He gave me the affection that I couldn't get from my mum because she died when I was very young", she continued as her eyes began to reveal some of the pain that she bore inside, "that's why I love him and remember him all the time."



Three-year-old Ahmad plays with Thabrez from Muslim Aid at Beity

At Beity Ruba now finds the support needed to realise her father's dream. Attending a local school in the mornings, Ruba comes home to Beity where she can study and relax in a clean and safe environment. "If I don't understand any work from school, I bring my books back to Beity and the teachers here always help and explain in a way that is easy for me to understand."

Whilst many of Syria's child refugees are out of education and facing the grim reality of the refugee camps, the children of Beity are amongst a fortunate few. They are still able to study, play freely and enjoy some degree of comfort. Despite having been through the pain of war, they remain confident, bright and hopeful. Thanks to the generosity and support of Muslim Aid's donors, these children now have a place they can truly call home. With the right support and care, they can recover, rebuild and achieve their dreams.

**This Ramadan, Muslim Aid will continue working to empower and uplift the world's poorest communities. From Palestine and Yemen to Nepal, Myanmar, Sudan and many places beyond, we are providing long term solutions to poverty through projects in healthcare, education, clean water and sanitation and emergency aid. When you donate this Ramadan, you can be sure that through our vast experience in humanitarian work, your money will be used to serve those most in need. To donate, please visit [muslimaid.org](http://muslimaid.org) or call 0207 377 4200.**

## PLEASE NOTE THE LIVE APPEALS DATES ARE AS FOLLOWS;

- SAT 20TH JUNE – ISLAM CHANNEL SKY 806
- WED 24TH JUNE – ISLAM CHANNEL (URDU) 851
- FRI 26TH JUNE – CHANNEL S SKY 814
- TUE 30TH JUNE – ISLAM CHANNEL SKY 806
- SAT 4TH JULY – ISLAM CHANNEL (URDU) 851
- FRI 10TH JULY – ISLAM CHANNEL SKY 806
- MON 13TH JULY – CHANNEL S SKY 814
- TUE 14TH JULY – ISLAM CHANNEL (URDU) 851

# WHAT WE DID LAST YEAR



**200,000** people received food under our Feed the Fasting Programme.



**14,000** litres of fuel were delivered to keep Gaza's hospitals running.



**17,899** Syrian families were provided with food packs.



**58,000** people in Bangladesh, Pakistan, Sudan, Cambodia and Sri Lanka were reached through our Microfinance Programme.



**5,522** orphans and disadvantaged children received sponsorship in 17 countries.



**800,000** children were vaccinated in Somalia against polio and measles.

# WAYS FOR YOU TO DONATE THIS RAMADAN

## £3 REGULAR DONATION

£3 a month can provide a family with a month's supply of nutritious food for suhoor and iftar.

## £30 SPONSOR A CHILD

For just £30 a month, you can ensure a child receives food, clothing, an education and holistic support.

## £60 FEED THE FASTING

can provide a family with a month's supply of nutritious food for suhoor and iftar.

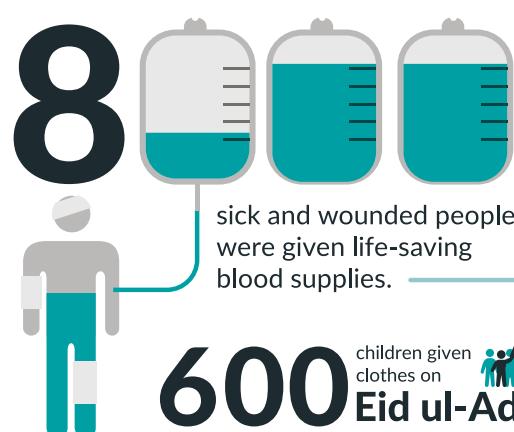
## £150 FIDYA/ KAFFARAH

For £5 per missed fast, you provide a meal for a person in need.

## £186 DIG A WELL

For £186, you can provide a well that will provide a community with fresh, clean water.

**8**



sick and wounded people were given life-saving blood supplies.

**10,000**

PEOPLE RECEIVED MEDICINE, MEDICAL EQUIPMENT AND SANITARY SUPPLIES.

**6,098**

displaced people were given essential household items such as blankets, baby care kits and emergency food stocks

**600**

children given clothes on Eid ul-Adha



**5,600**

people were given food, hygiene kits, mattresses and jerry cans to collect clean water, and children clothes and toys

**320**

children orphaned by the conflict received sponsorship through our Rainbow Family Child Sponsorship programme

**10,000**

people benefitted from an ICU ambulance and five new fully equipped Intensive Care Unit beds.

**15,000 LITRES**

of fuel was given to power generators in the hospitals



FOR FULL DETAILS ON MUSLIM AID'S WORK,  
PLEASE SEE OUR ANNUAL REVIEW 2015 AT [MUSLIMAID.ORG](http://MUSLIMAID.ORG)

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Serving Humanity

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